



Meditatio Seminar
by WCCM

IN-PERSON RETREAT ONLY

New Visions for Today's Leaders

MAKING TIME FOR PERSONAL AND SOCIAL TRANSFORMATION

SEPTEMBER 23–26, 2021

KLOSTER FISCHINGEN, SWITZERLAND



Leaders can be precious cornerstones of society. As their personal values and visions influence their behavior and actions, leaders have a profound impact on economic, social, and ecological development.

Our world is out of equilibrium and needs a major mindset shift to allow appropriate rebalancing. Albert Einstein said

“We can't solve our problems by using the same kind of thinking we used to create them”.

Leaders who have undergone a personal transformation of vision become agents of transformation in the world. With that in mind, we would like to introduce business leaders to the ancient practice and universal wisdom of meditation.

Meditation is a simple discipline that enables a powerful but gentle inner transformation. It does not solve problems in itself but opens new ways of dealing with them especially in challenging situations where difficult decisions are required. The practice of meditation not only reduces stress and anxiety but also boosts innate personal qualities such as discernment, empathy, and spirit of service. Through meditation efficient actions become grounded in inner stability, social justice comes out of the awareness that everything is interdependent, and ethical governance is based on a strong personal sense of taking responsibility. These insights will sustain an effective, transformative, and responsible leadership. Hedge fund owner and philanthropist Ray Dalio considers

“meditation as the single most important reason for his success and the greatest gift he could give anyone”.

HOW THE RETREAT WILL HELP YOU TO TASTE ALL THIS

This three-day retreat in the peaceful atmosphere and beautiful surroundings of the Benedictine Monastery and Conference Center in Fischingen will allow participants to experience a slower pace and explore a nourishing approach to daily life. The spirit of a living tradition of 1,500 years will remind us of how inner peace is needed before outward peace can be achieved.

Drawing on the WCCM's long experience of retreats and seminars, participants will be led towards this transformative insight through periods of meditation, inspiring talks, small group encounters, moments of silence, and guided experience in the realm of perceptions.

SPEAKERS

All speakers are committed meditators and will share their visions of leadership, their personal and professional values. They will draw on their life experiences of success and failure, fears and confidence, power, and the spirit of service – and illustrate what fruits grow out of meditation.



Bertrand Bouhour on Fear and Inner Peace

French, Adjunct professor McDonough School of Business Washington and Entrepreneur

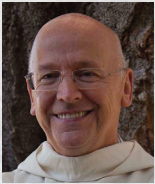
Fear and apprehension: staying in the present moment and welcoming the unknown. Taking risks in tumultuous situations: judicious letting-go to allow life-creativity to bloom.

Angelene Chan on Power

Singaporean, Chairman of DP Architects

Feminine spirit on power and authority, kindness, gentleness.

Leading from the heart, finding strength in vulnerability, balancing life and work.



Laurence Freeman on Authenticity and Integration

Irish, Benedictine Monk, Director of WCCM & Bonnevaux

The leader and the true self: being authentic.

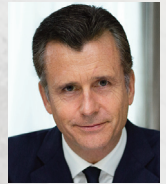
Commitment, detachment, and a spirit of service: the perfect fit.

Philipp Hildebrand on Challenges

Swiss, Vice Chairman of BlackRock, former President of SNB

Taking what comes: being positive about failures and wise about success.

How to be grounded in the public persona of leadership.



Peter Ng Kok Song on Relationship

Singaporean, Founder Chairman of Avanda Investment Management, former CIO of GIC

Priorities: family, friendship, career – and daily meditation.

Calm in crisis, clarity in confusion.

Melanie Schultz van Haegen on Responsibility

Dutch, CEO Porticus, former politician NL

Bringing together vision, higher values and bottom-line to run an organisation.

Making respectful, responsible, and sustainable decisions.



Jenny Scott on Trust

English, former journalist and advisor to the Governor of the Bank of England

Trusting oneself, as a leader and as a person.

Feeling connected to others.

WORKSHOPS

Within the slower pace of the retreat, workshops will be an opportunity to explore and sharpen perceptions. As our mind's nature tends to be drawn outwards, it needs discipline to remain present to what is happening inside our being. Attention to our external world while being aware of our inner feelings is essential for harmonious living.

The workshops are aimed to give you tools that can be applied in daily life. The gained awareness will be precious for appropriate problem solving leading to a solution that proves to be responsive instead of being reactive.

- **The Why and the How of Meditation**
Ask questions about the practice of meditation. – Laurence Freeman, Peter Ng
- **One-on-One**
Exchange about meditation: my personal journey.– Laurence Freeman, Peter Ng, Bertrand Bouhour
- **Small Group Encounter**
Practice attention “in action”. – Catherine Charrière, Michael Harrison, Franziska Hildebrand Alberti, Claudia Jurt Steiger, Daniel Leiggener
- **Contemplative Walking**
Practice awareness while walking. – Dominique Candrian, Michael Harrison, Daniel Leiggener
- **Forest Walk**
Take stone and feather. Individual walk.
- **Movement & Expression**
Let your body communicate. – Catherine Charrière
- **Breath & Posture**
Discover the power of conscious breathing. – Claudia Jurt Steiger
- **Spontaneous writing**
Trace the journey to one's heart. – Franziska Hildebrand Alberti
- **Beer Tasting**
Let your taste buds be tickled by a beer-sommelier. – Dominique Candrian
- **Guided Tour Monastery**
Feel the spirit of 1,000 years of worship. – Guide from Kloster Fischingen.
- **Relax with Music**
Enjoy antic chants on a tatami.
- **Power Nap**
Regain strength with a nap in the dormitory.

PROGRAM

Thursday September 23, 18:00 – Sunday September 26, 14:00

- 3 meditation periods on Friday and on Saturday, 2 on Sunday
- 4 talks of 45 minutes on Friday and on Saturday
- 4 different optional workshops on Friday and on Saturday
- Small groups encounter

PARTICIPANTS

Open to all, no experience in meditation required.

VENUE AND ACCOMMODATION

Venue of the retreat: Benedictine Monastery and Conference Centre of Fischingen in Fischingen: <https://klosterfischingen.ch> – 40 minutes from Zurich Airport by car or 1 hour 10 by public transportation. Lunch and dinner will be taken at the Conference Centre and will be vegetarian.

Accommodation: Hotel facilities are arranged by the project team. Bus transfer will be organised from Hotel to Conference Centre.

RETREAT FEE (all inclusive: retreat, accommodation, meals)

Single room	CHF 2,200
Double room with partner or assigned roommate	CHF 1,800 per person

Our gratitude to all speakers, project team and workshop leaders who are offering their contribution free of charge. Any surplus will be used for new projects within the Community.

Cancellation Policy: Within the actual pandemic context, the decision as whether the retreat will take place will be made by July 31, 2021. In this situation, the full amount will be refunded, except CHF 100 for incurred bank charges. In case of individual cancellation, the refund policy is as follows:

- up to July 31, full refund, except CHF 100 for incurred bank charges.
- up to August 15, 50% fee will be refunded.
- up to August 31, 20% fee will be refunded.
- from September 1, no refund.

REGISTRATION FOR THE RETREAT

<https://wccmretreat.ch>

INFORMATION

booking@wccmretreat.ch

THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION (WCCM)

WCCM celebrates its thirtieth anniversary this year. It was inspired by the vision of John Main (1926–1982) a Benedictine monk and spiritual teacher. By reviving the meditation tradition of early Christianity, he presented it to all walks of life and all ages as a way to transform daily life. He believed that ‘meditation creates community’. The WCCM embodies that, as it supports people in thousands of weekly groups in over 100 countries. They meet in their workplaces, in classrooms, universities, churches, homes, prisons, hospitals.
<https://wccm.org>

BONNEVAUX

Bonnevaux is the recently opened international centre for peace of the WCCM, near Poitiers in France. With a committed core community of meditators, it welcomes guests, organises retreats and seminars in-person and online. With its peaceful rhythm of life and beautiful grounds and the spirit of a thousand-year-old monastery, it helps visitors find their own peace within so they can bring it back to their world and work.
<https://bonnevauxwccm.org>

