

Valerie Thrush

Email

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The name of your Practicum

Living as a Leader

1) What Higher Ground Leadership® Principles will you introduce in your Practicum Project?

1. All of the CASTLE principles will be involved: Courage to persevere; Authenticity to do it by me/for me; Service to others with the added energy I will gain; Truthfulness first to myself; Love in embracing myself as I am and how I know I can and will be; and Effectiveness in planning and executing.
2. I will also be fulfilling my One Dream of inspiring wellbeing in others.
3. I will also be selecting a Spirit @ Work card each day and consider how the word on each card will impact my journey.

What is the completion date for your Practicum?

11/09/2014

2) What are the steps/phases for this project?

1. Planning and executing a fitness program
2. Planning and executing a nutrition program
3. Training for a half marathon

3) What will "success" look like for your Practicum?

Completion of the Madison Half Marathon on November 9, 2014, accompanied by weight loss.

4) What metrics will you use to measure the success and progress of your Practicum?

1. Consistency of exercise regime (30+ minute workouts five times each week)
2. Weight loss of 20 pounds
3. Crossing the finish line!

5) What will your next steps be after your Practicum is completed? How will Higher Ground Leadership® Principles continue to be an important part of who you are and what you do?

Next steps will be to continue my personal wellness journey and to inspire others in their journeys. By using the CASTLE principles firsthand, I will have a better, more intimate knowledge of the Higher Ground Leadership Principles to incorporate into my everyday living and into my coaching. I am being recertified as a Health and Wellness Coach, and look forward to helping others bring about positive change first in themselves, and then the world!

6) How will you contribute and collaborate with the Higher Ground Leadership® Community of Certified Pathfinders and Coaches to support your Higher Ground Leadership® journey?

At this time, I see this journey as a personal one, and my contributions will come as I gain familiarity with principles of Higher Ground Leadership and share them with family, friends and the people I work with.

7) Who is your Practicum Mentor and Sponsor?

Deanna Stull

8) How can the Secretan Center and/or CoachVille support you?

I feel I already got the support I need by attending the Higher Ground Leadership Course! Thank you!

Additional comments/information

I really enjoyed the course and the information presented. Thank you!

Name

Pamela Spizman and Kimberly Moss

Email

pam@pegasushomecare.com

The name of your Practicum

We had named it "Whatever it Takes" because we started off with the goal of improving patient/client/peer satisfaction. We started with a couple of non-Higher Ground sessions; one on Active Listening and another on Understanding People with Chronic Pain. We then launched into Higher Ground Principles. We think we could definitely improve upon the title but haven't been able to come up with anything original. We thought about "Living on Higher Ground" but it does not feel quite right. We will need to think of a better title, hopefully before we are finished with the Program. We would like to have a good title before we begin the Higher Ground teaching with the field staff. That will begin on August 21st. Any assistance with this would be greatly appreciated.

1) What Higher Ground Leadership® Principles will you introduce in your Practicum Project?

1. Lance's work and Higher Ground Leadership
2. The Book - The Spark, the Flame and the Torch
3. Conscious Leadership
4. The Castle Survey
5. The Castle Principles
6. The Circular Logic of the Castle Principles
7. The Castle Constants

What is the completion date for your Practicum?

12/18/2014

2) What are the steps/phases for this project?

- A. Phase One: Meet each Tuesday with Office Staff (approx. 14). Each Higher Ground session is about 1.25 hours
- B. Phase Two (overlapping): Meet with field staff (approx. 30) on the 3rd Thursday each month. Each Session is 1 hour.
- C. Order of "Living Higher Ground" topics
 1. Introduction to Lance Secretan and his work
 2. Castle Principles Survey - discussion of results - Staff participation
 3. The Castle Contract (given out before meeting) - Discussion of contract with staff participation.
 4. Lance's Audio of Courage, discussion of Courage. Materials from The Spark, The Flame and the Torch and from other articles from online search. Staff participation.
 5. Lance's Audio of Authenticity, discussion of Authenticity. Materials from The Spark, The Flame and the Torch and from other articles from online search. Staff participation.
 6. Lance's Audio of Service, discussion of Service. Materials from The Spark, The Flame and the Torch and from other articles from online search. Staff participation.
 7. Lance's Audio of Truthfulness, discussion of Truthfulness. Materials from The Spark, The Flame and the Torch and from other articles from online search. Staff participation.
 8. Lance's Audio of Love, discussion of Love. Materials from The Spark, The Flame and the Torch and from other articles from online search. Staff participation.
 9. Lance's Audio of Effectiveness, discussion of Effectiveness. Materials from The Spark, The Flame and the Torch and from other articles from online search. Staff participation.
 10. Evaluation by staff of Program through survey form and verbal discussion Staff engage in discussion of Castle Principles and put them into practice in their daily lives both at work and at home.

3) What will "success" look like for your Practicum?

Staff engage in discussion of Castle Principles and put them into practice in their daily lives both at work and at home.
The work environment becomes more loving, supportive and collaborative.
The positive changes in staff interaction is sustained over time.

4) What metrics will you use to measure the success and progress of your Practicum (indicate starting metric and target metric)?

1. Give the Castle Principles Assessment at the end of the Practicum record the results anonymously.

2. Give the Assessment every 6 months thereafter and compare results.

It was difficult for us to come up with an appropriate metrics. We are open to discussion about better measures of success and would like to have input from Lance or Tricia.

5) What will your next steps be after your Practicum is completed? How will Higher Ground Leadership® Principles continue to be an important part of who you are and what you do?

Our intention is to begin using the Spirit at Work Cards at the beginning of each staff meeting. We also plan to initiate Truth-Telling Circles to resolve employee discord as it arises. In addition we will explore "Why Be Do" with our staff and assist them in determining their "Destiny, Character and Calling".

Higher Ground Leadership Principles are a large part of who we are as an organization and have been established as core values that define our Company culture. We are committed to being true to these value and we want all new employees to embrace the Higher Ground Principles, Therefore these principles will be a fundamental part of orientation to our Company.

6) How will you contribute and collaborate with the Higher Ground Leadership® Community of Certified Pathfinders and Coaches to support your Higher Ground Leadership® journey?

We will attend future teleclasses to improve our knowledge and understanding of Higher Ground Leadership Principles. We also will attend Higher Ground Retreats when possible.

7) Who is your Practicum Mentor and Sponsor?

Lance Secretan

8) How can the Secretan Center and/or CoachVille support you?

The Secretan Center has been wonderfully supportive for many many years.

Additional comments/information

FYI: We will be doing a 1-hour presentation on Higher Ground Leadership in October for a local hospital (Providence-Tarzana Medical Center) that will include giving each person an Inspire Coin. We have not planned the presentation yet but are very excited to bring this to the Community!

Name
Marcy Lynch
Email
Marcy@marcylynch.com
The name of your Practicum
The Camino Journey
1) What Higher Ground Leadership® Principles will you introduce in your Practicum Project?
1. Introduce the 'Why, Be, Do' approach to discovering the source of inspiration for this 6-week challenge, and then to carry that forward into the bigger life picture. 2. One Dream – the 6 weeks are a microcosm of what can be created when people come together for a common goal. I will experience being the leader of a team, and my clients will have an experience of creating something exciting and rewarding for themselves as members of a team. 3. CASTLE principles: 4. Courage – my clients will be courageous in stepping forward and using this platform to try something different than what they are used to. 5. Authenticity – throughout the experience. I will remain true to my intention of sharing the truth of my journey.

even the trials and challenges.

6. Service – historically, the Camino is an act of service. As pilgrims, we walk the path of St. Frances as an offering. We offer to release what no longer serves us and to follow the path of our true nature, dedicated to serving others.

7. Trust – there will be times when I am called to trust, to let go of trying to control either my own experience or that of anyone else. The more I can adhere to allowing the experience to unfold, the richer it will be.

8. Love – I love my clients, and they know I love them. I would only introduce or encourage them to pursue what is true to their own heart and passion. My work will be to release any expectations and to support and love them regardless of how they approach The Camino Journey and their level of participation in this 6-week challenge.

9. Effectiveness – something that I'll evaluate upon my return.

What is the completion date for your Practicum?

10/10/2014

2) What are the steps/phases for this project?

1. Write an outline of the program for my clients, why I'm doing the Camino, what I hope to gain, how they can participate, how they can use this as their own launch pad for something important. Include some thoughtful questions to stimulate ideas around what their Camino could look like. Explain the idea of why, be, do, and offer the idea of using the search for a destiny, character, and calling statement as their personal Camino.

2. Create a Camino passport, template, and a map for my clients to follow and to record their progress.

3. Coach each individual client around what they will pursue as their personal Camino stages (there are 33 of them).

4. Create an email group list for participants to communicate with me and with others (many of my clients aren't on facebook) while I am away.

5. Share my experiences in preparation for the journey during the next 3 months and communicate with the group while I am in Spain.

3) What will "success" look like for your Practicum?

Success will be my clients getting on board and using this as an opportunity to play a bigger game, being willing to communicate with me and other 'travelers' through the email group, and feeling empowered, supported, and connected while I'm away.

4) What metrics will you use to measure the success and progress of your Practicum?

1. Upon my return, a review of each client's passport and a debrief of what they learned

2. The amount of actual communication that takes place through the email chain

3. My client's enthusiasm for courageously facing their own challenges and working their Camino journey

4. A shift in my client's approach to fitness – to a more soul centered pursuit, rather than merely an end in itself

5) What will your next steps be after your Practicum is completed? How will Higher Ground Leadership® Principles continue to be an important part of who you are and what you do?

My next steps will be to continue to find ways to bring value to my clients in the way of staying connected to their personal life journeys. In the same way that my purpose is to challenge myself to follow my passions and to ease into my discomfort zones, I want to be a safe place for others to explore their own soul callings. Fitness is merely a backdrop, or a platform from which to pursue a fulfilling life.

6) How will you contribute and collaborate with the Higher Ground Leadership® Community of Certified Pathfinders and Coaches to support your Higher Ground Leadership® journey?

I'm open to support and would welcome some ideas on this. Perhaps a couple pathfinder coaches could define their own 6-week goal, do the Camino stages along with my clients, and be a part of the interactive email group. My clients could be led not just by my example, but the example of other coach participants.

7) Who is your Practicum Mentor and Sponsor?

I'd like to work with Megan as a sponsor, if she is willing. Deanna is welcome to co-sponsor if she would like to.

8) How can the Secretan Center and/or CoachVille support you?

I'd request to send out a general email to Coachville and Secretan Center pathfinders to see if there is anyone who would like to take on the 6-week challenge for themselves. be an interactive part of the email group. and

follow the blog.

Additional comments/information

First of all, this is my Character statement and how the practicum is a fit: My purpose is to inspire others to find and follow their inner voice by serving as an inspired example, and sharing my experiences openly and honestly in my writing, speaking, and teaching.

I'm walking 500 miles in Spain this fall as a personal spiritual journey (The Camino de Santiago). I'll be away from my clients for 6 weeks, and I came up with this idea as a way to keep them involved and active, hopefully to inspire them, and to begin to open up deeper conversations with them about their own true callings.

This trip has been planned since January. In general, I've been looking for ways to bring more coaching into my fitness client relationships, both the ones I have and the ones I will develop. I see this as a way to bridge the gap between the world of performance/results and the world of thoughtfulness/passionate connection. I believe this journey will be a springboard for me personally and in the work I will do when I return. Having the support of powerful communities like Coachville and the Secretan Center would be a welcome and a powerful addition.

As an overview, I'm asking my clients to pick a goal/intention/focus for the 6 weeks. It can be a fitness related goal, but it doesn't have to be. They will keep track of their progress on a special passport that has 33 stages (the 33 stages of the Camino). Prior to my leaving, I will work with each client to determine what will constitute a 'stage'. The stages will relate to their overall intention.

I picked the 'Infusion' card when I asked for guidance in creating this practicum. My intention is to empower my clients to create a personally meaningful experience rather than me giving them a program to follow.

I've already begun working this plan. I welcome any and all support and feedback that could enrich the value of this experience. I'm really excited about it, and looking forward to what may unfold as a result.