



## Intentional Performance: THE WARP AND WEFT OF INTENT

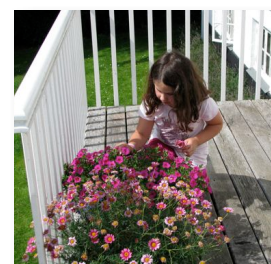
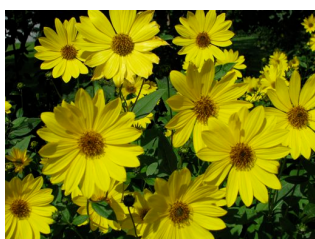
### *A Program for Professionals Integrating the Hero's Journey and the Graves Model*

*Come and explore ... the origins and impact of personal and social mythologies we are all subject to creating and living inside of on our own and with others. Together we will be building an experience of living PARRHESIA!*

This will be a very unique program, unlikely to be any other you've attended, either with me or anyone else for that matter. While the subject matter may seem familiar to you ... the Hero's Journey, the Graves Model, MythoSelf Process work ... the approach and the destination will be completely surprising, and ultimately empowering and delightful.

Initially it will be likely that what you're hearing and doing will seem both familiar and comfortable almost immediately you'll become aware that you're in unknown territory ... "terra incognita" as I like to say. This will allow you to begin to drop your preconceptions and even your expectations, of yourself first and then of others as well. You'll begin to see with a new kind of clarity. In the space of this new clarity we'll begin to explore together what keeps us locked in the positions we ordinarily hold, and then we'll explore the positions that are available to us when we are no longer locked in place ... both for ourselves and with others. This will be when it becomes really interesting, at this point we'll be standing on the edge of "PARRHESIA" - the place where we speak fearlessly ... to ourselves, about ourselves, to others and yes, even about others! This is a space of freedom.

I respect that this kind of offer demands a level precision that's unprecedented for most people, both to deliver and to control the experience. That's why this is the first time in twenty years of doing this kind of work that I've been willing to run this program, and I expect that it will be thrilling and satisfying in ways that we'll only know about together and after it's been done ... *Joseph Riggio*





## WHAT YOU CAN EXPECT:

First and foremost expect this to be a professional program aimed at professionals ... people who have an intention to learn about and improve their own personal performance ... and to improve their ability to impact the performance of others as well. I don't really care what you do that you call "professional" ... it can be doing work directly with others like we'll be doing in this program, training, coaching, consulting ... it could be that you're a manager or an executive within a company responsible for producing results with others ... maybe you're a professional or a technician who is responsible for delivering results yourself ... maybe you're an entrepreneur or professional with business of your own ... or you could just recognize that we are all "professional" when it comes to the living or our own lives ... meeting and melding with others, seducing and loving our partners, caring for and parenting our children ... you see for me "professional" is an attitude NOT a position.

I intend to build an attitude with you that creates results, one you can count on even when the odds are against you ... when the circumstances are beyond your control and the situation doesn't seem to support the intention you hold. Most of all when the odds are against you, you need to know you can and will prevail despite what seems to be evidence to the contrary. The ability to succeed, despite what may seem to others to be limitations in the system, demands an ability to see beyond the present circumstance or situation, and to go where the odds shift in your favor. You can expect to leave this program with this ability and attitude intact ... and attitude we'll define together in the context of *parrhesia*.

You can expect to be uncomfortable ... learning something new does that, it takes you beyond where you are comfortable. You'll be changing in ways you might not have expected to, confronting established patterns ... patterns you have for how you consider and treat yourself ... patterns you have for how you consider and treat others ... patterns that you use for moving through your life that support your successes, as well as those that limit them ... and then we'll dismantle these patterns together prior to refining and reinstalling the patterns of performance that will extend your capabilities to perform exquisitely, to succeed in extraordinary ways ... on your own and with others.

You can also expect to extend what you now consider to be the boundaries of your expectations ... of yourself and of others ... the boundaries of what you now "know" to be possible ... expect these to be blown away creating the space for you to consider what you may have thought was impossible before ... and you might even expect that those things that had been damn near impossible for you to become a breeze ... smooth sailing from now on.

Expect all of this and much more because these are the things of mythological form ... the stories we tell ourselves ... about ourselves, about others ... these are the stories that others tell themselves ... about themselves, about others, about you ... these stories weave the fabric of our lives, individually and collectively ... the social identities we share ... and the power of these stories we tell ultimately shape and create the realities we manifest ...



***Want to know what it will be like to attend this program ...  
then just imagine bungee jumping for the mind!***



## INTENTIONAL PERFORMANCE

### The Program:

#### DAY ONE

We'll begin our week together considering the idea of patterns ... the patterns that form the stuff of our lives ... the ones we know about and the ones we don't. We'll begin to consider these patterns in terms of the stories they represent in our lives, and how we represent these patterns in the stories we tell. By the end of this day you'll have become familiar with the sound of your own story and familiar with the sound of stories that people tell. Using just this skill you'll be able to be precisely hear into the stories that surround you ...

#### DAY TWO

Beginning on day two we'll start to unpack the stories of our lives at the deeper level. We'll consider specifically how these stories empower and limit us. You'll learn to listen for the signals that indicate where in a story a person is, whether that's yourself or someone else. We'll also begin to consider the kinds of stories we hear and are engaged in around the organizations and institutions of our lives ... the businesses we inhabit, the political situation that surrounds us ... and you'll become

adept at recognizing the limitations and opportunities in these stories as well. Before we finish out day two together you'll begin to recognize for yourself how you've been attracted to, engaged in and sometimes trapped by these stories.

#### DAY THREE

Day three opens to some of the deepest work of all, considering how the stories we've been working with actually represent the values we hold ... about who we are, who we expect ourselves to be, who we want to be, who we could be ... and of course about others, organizations, institutions ... and even society at large. In day three we'll be delving deeply into the construction of social reality, and leading to a point where you'll be developing the astuteness and awareness to begin engineering the realities around you ... the ones you want to be living into and living from.

#### DAY FOUR

Now we're ready for a bit of fun ... taking your newly developed knowledge and skills into the domain of application on the most intimate and the most expansive scales possible. For instance you'll be reshaping the story you tell about yourself ... to

yourself, to others ... in what you say and do ... and what you don't ... to match the vision you have for who you are becoming, who you most want to be being. We'll look at the stories that organizations and institutions tell about themselves ... the stories that shape them and establish them ... what some people call branding.

#### DAY FIVE

Time to come home ... this day will pull together the entire week. You'll have the opportunity to refresh yourself about what's been going on ... not just in the past week of your life, but in the entirety of it ... and you'll get to reset the trajectory you're on and the direction you're following. You'll have the chance to think about where you are in your life ... on your own and with others ... and commit to how that will continue to unfold for you. You'll know without a doubt what you know and what you don't ... and that alone is extraordinary.



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	<b>Program Details</b>
<b>Program Dates:</b>	<i>7-11 July 2008</i>
<b>Location:</b>	<i>The Blue Butterfly, Langebaek Retreat Center Langebaek, Denmark (<a href="http://www.langebaekretreatcenter.dk/">http://www.langebaekretreatcenter.dk/</a>)</i>
<b>Program Investment:</b>	<i>\$2750, including lunch, snacks and beverages during the day</i>
<b>Room and Board:</b>	<i>\$400 five days, shared room including breakfast, lunch and dinner (Note: Single room may be available at an additional cost.)</i>
<b>Contact:</b>	<i>Call Nancy Riggio +1   609-275-1845 or <a href="mailto:nsriggio@appliednlp.com">nsriggio@appliednlp.com</a></i>

NOTICE: Rooms may be available for Sunday arrival or Saturday / Sunday checkout at the Langebaek Retreat Center. Please contact Nancy as soon as possible and we will do our best to accommodate your scheduling requests.

