

## ***The wisdom path to infinite possibilities.***

At Athena, we believe in the power of each individual to change the world. With more diverse voices in positions of power and influence, our society will become both more equal, equitable, innovative and productive. Our science-based and holistic education programs aim at developing inspired and courageous leaders. They obtain the adequate skills and tools to anticipate change and to navigate an ever increasingly complex environment. We support the next generation of leaders to take on unprecedented challenges of today to create a sustainable future – determined to make the world a better place.

The OWL Leadership Program Mid-Level focuses on business executives up to 45 years young. A higher education level is recommended, but not mandatory. Those who are aiming to explore their full potential and dare to walk new and unconventional ways are more than welcome to join!

***“Through participating in the OWL Program, I am better equipped to develop my strengths, my talents and shape my future. And equally important, I know that my possibilities are absolutely unlimited.”***

OWL Leadership Program Mid-Level Participant, HR Senior Executive in Banking

Interested? Curious? Contact us!

Starting dates, trainers, prices and more  
information about our programs can be found

at [www.athena-ioe.com](http://www.athena-ioe.com) or  
[sjunod@athena-ioe.com](mailto:sjunod@athena-ioe.com)



*Skills for better focus in a world of distraction.  
More creativity in a world of rigidity.  
Critical thinking in a world of complexity.  
Better communication and better collaboration in a world of urgency.*

# LEADERS FOR A BETTER TODAY & TOMORROW

The **OWL Leadership Program** enables organizations to become more agile, productive and competitive in a world of change and increasing pace. At **Athena**, **OWL** stands for:

**O for Oneness:** Becoming one again by integrating all of our senses.  
**W for Wisdom:** Remembering our ancient heritage as human beings.  
**L for Leadership:** Empowering individuals to become visionary leaders who engender cultural change in their teams and organizations.

The **OWL Leadership Program** is based on innovative and unconventional learning methods. It provides each participant a path to one's own wisdom, supporting each to explore, explode and expand their full potential. It offers participants the opportunity to investigate their own leadership identity and to develop currently required capabilities in communication, collaboration, critical thinking and creativity (the so-called 4 Cs), and unparalleled problem-solving strategies. Depending on experience, the **OWL Leadership Program** has three levels: Junior, Mid and Senior Level.

## Benefits

- Science-based and holistic personal development and skill-building that promote sustainable leadership by increasing self-awareness, effectiveness and decision-making capacity
- Co-creation of a project that integrates the skills and methods learned during the program to draw a roadmap for solutions leading to transformational and cultural change
- Enhanced resilience and well-being, and increased productivity and performance by balancing the intuitive and rational mind
- An overall greater sense of purpose and meaning by developing the ability to create environments where people can grow and strive to their fullest potential

## OWL Leadership Program – Mid-Level Educational Format: 3 Modules

The **OWL Leadership Program Mid-Level** includes three 3-day modules with two 60-minute webinars in between. The program leads to the **Certificate of Completion: OWL Leadership Program Mid-Level**.



### Personal Development: The Best Ingredients for One's Creative Life

- Source of existence, original capabilities: awareness, perception and intention
- Bridge between Epigenetic, Neuroscience and Quantum physics and indigenous wisdom
- Transformation of emotions, habits and behaviors into creative energy and power
- Expansion and guidance of self-awareness, quietness of the mind, regulation of heart coherence, opening the perception and strengthening vocal expression

### Skill-Building: Topic Selection, Exploration & Creating a Vision

- Project topic, team selection, creative approach including 4 Cs (Communication, Collaboration, Critical Thinking & Creativity)
- Guided vision search, research, creative process, presentation of vision
- Field work, individual meditations and meetings with team members between modules



### Personal Development: The Freedom to Design One's Life

- Alignment of body with quiet mind
- Original ancient life principles and creating new pathways
- Transformation of hopes and longings into concrete decisions and commitments
- Making better choices, inspiration and creation
- Authenticity, grasping the leadership of one's own life

### Skill-Building: Project Development, Action Plan & Strategy of Implementation

- Defining scope and goals of the project
- Project design
- Collegial consultation to discuss action plan
- Incorporation of feedback into action plan
- Developing strategy for implementation of action plan and feedback from group
- Further implementation and finalization of project report between modules



### Personal Development: Write One's Own Chapter in the History of Infinite Possibilities

- Creation of a harmonious connection between academic personal skills and knowledge and re-discovered original abilities
- Increase of trust in own intuition
- Expansion of one's potential
- Design of one's future life path experiencing an extensive creative process
- Closing with a special ceremony

### Skill-Building: Presentation of Project Work

- Project presentation, certificate completion and next steps

All modules will take place in seminar hotels surrounded by nature either in the proximity of Zurich or Basel.