



NEWFIELD in partnership with the University of Calgary

FOUNDATIONS PROGRAM

FREQUENTLY ASKED QUESTIONS

What will I learn in this program?

Newfield's core, personal leadership program, ***Foundations***, gives you new insights and practices to be more effective in leading—in all aspects of your life. Through *Foundations*, you experience a *new kind of learning* that supports you in generating more meaning-filled, satisfying, and sustainable actions in your professional and personal life, more consistent with what matters to you most. Not just another leadership course—in this transformational program you will:

- develop greater emotional awareness and greater communication skills for maximum influence
- practice applying new awareness and new skills to your daily life
- show up with greater presence and wisdom for greater impact
- increase your ability to manage complexity
- enhance your personal well-being
- develop greater capacity for action

Who should attend this program?

The ideal participant is smart, successful by most standards, and also knows it is time to step off the plateau and learn a new way of leading to best navigate the turbulent times and the complexity we are all facing.

The program is for those interested in learning a new way of leading or for their own personal development. It is also for those who are looking to become a coach or for those experienced coaches looking to learn our powerful ontological perspective.

Foundations gives you both new insights and practical applications to be more effective in leading—in all aspects of your life. It is designed for those committed to deep, transformational and sustainable learning.

Foundations is also a prerequisite for those interested in becoming a certified coach and taking *The Art and Practice of Ontological Coaching* course also offered through the University of Calgary.

What are the philosophical underpinnings of this course?

The work of Newfield widens your capacity to learn and to take new actions consistent with what you care about. Through our programs, we engage you in conversations and practices that have you explore, discover, and revisit fundamental questions about how you view the world and how that impacts what you generate and achieve. As a result, you break old habits of thinking and acting, and you greatly increase your personal well-being, your ability to learn, and your capacity to take creative, new steps towards your own professional and personal goals.

Our programs are rigorous and multidisciplinary in scope, calling on the best thinking and application from the fields of philosophy, biology, various sciences, cosmology, organizational development, sociology, ontology, body movement studies (somatics), and more. We bring best practices from these fields and apply them to leading and living with greater effectiveness and greater well-being and satisfaction. Our attention to moods, emotions, and physiology and how these forces affect action and well-being is unique to our work.

How is the program structured?

The course includes two in-person conferences held at the University of Calgary over a four-month period of time. In between these two, 3-day conferences are learning and practice assignments that include reading, reflection, teleconferences, study group conversations with other participants, and individual coaching with your assigned Newfield trained coach. As an essential part of our approach, we also ask you to teach what you're learning to a group of six to ten people who are not participants in the program. (If you choose, you may partner with one other participant to co-design and co-facilitate the group sessions.) Through this progressive process, you will gain experience in producing powerful results for yourself and your clients.

The conferences are highly interactive and incorporate conversations, exercises, somatics, dancing, and play. There are many opportunities to ask questions, interact with others, and be coached. Experience shows us that these conferences are hallmark events for building and strengthening learning habits and developing long-term friendships and professional relationships.

A more detailed description of these learning activities is found on the last page of this document.

How much work is involved in the program?

In addition to attendance at the two conferences, you will need to dedicate time to reading, teleclasses, and telephone calls with your study group and coach. You should expect to spend five to seven hours weekly on these activities.

Who are the course leaders?

All of our leaders have been trained by our founder, Julio Olalla, considered by many as one of the top executive coaches in the world and a thought leader in the fields of communication and leadership. Our leaders are passionate, life-long learners who work for Newfield all over the world to bring our evolutionary/revolutionary concepts and learning approach to leadership and communication concerns.

Do I get individual coaching in the program?

You are assigned a Newfield Certified Coach® to work with you on whatever concerns, challenges or opportunities you want to explore. The program provides you six hours of coaching with your coach.

What is the cost of tuition, lodging, and meals?

Tuition for the *Foundations* Program is \$5695 CDN. Tuition includes instruction, materials and coaching. Those attending the conferences from out of town will need to budget for lodging and meals. Payment plans are available through the University of Calgary.

How do I register?

Register through the University of Calgary by calling 403.220.2988.

Who do I contact for more information?

You can call Newfield's U.S. headquarters at +1.303.449.6117 to speak to Carol Shannon or you can email carol.shannon@newfieldnetwork.com.

You can also inquire through the University of Calgary by calling 403.220.2988.

Program Activities:

In Person Conferences

You will attend two, 3-day conferences at the University of Calgary to complete this program.

Study Group Meetings

At the first conference, you will form a study group with other participants. You and your study group will have conversations on a regular basis that support completion of the learning guide activities. We suggest you meet every two weeks via phone or in person, if logistics allow.

Learning Guides, reading and reflection assignments

You will receive learning guides approximately every three to four weeks. In the learning guides you will find papers to read, along with exercises and practices to complete.

Teleclasses

In addition to the in-person conferences, you will join fellow participants for 60-minute teleclasses. You will phone into these “learning conversations” held on our dedicated phone line (which originates in Denver, Colorado USA). Each session will cover key topics and allow for practice, discussion, and questions. They are scheduled on various days of the week and at various times to allow for multiple time zones, work, and family schedules. The sessions are led by a variety of Newfield Certified Coaches® and are an opportunity to deepen your understanding of the distinctions presented in the conferences and readings.

Learning groups

You will organize a group of at least six people, outside of the program, to whom you will teach what you are learning. This will support your embedding your learning and making it relevant to your everyday life.

Coaching

You will be assigned a Newfield Certified Coach® who will offer you six hours of coaching during the program to support you in addressing whatever concerns or opportunities you want to focus on.

Diploma

When you have successfully completed the requirements of the program you will receive your diploma of completion. You will also be eligible to take *The Art and Practice of Ontological Coaching* course if you want to learn to be a personal or executive coach.