



Tail of the Tiger



Fearless Work

TRAVELING THE PATH OF A MINDFUL LEADER

November 12 – 15, 2009

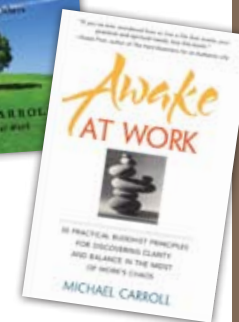
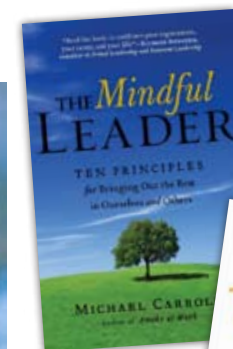
The unfolding economic downturn has presented many of us with difficult challenges and distressing choices. And given the stark reality in America that 3.9 million jobs and \$7.1 trillion in household wealth evaporated in 2008 alone, it is little wonder that we find ourselves hoping for the best and fearing the worst. But maybe our distress at work requires us to find something more than just a new “more secure” job – maybe we need to reawaken our spiritual confidence.

Drawing on material from his forthcoming book “*Fearless Work; Confident Life*” this 3-day retreat will cover such questions as:

- How did we become so frightened by our lives to begin with?
- How can we engage conflicts at work and in life while more artfully bringing the best out of difficult situations?
- How can the ancient Eastern principles of *Ziji*, *Shih* and, *Lha*, *Nyen* & *Lu* and others offer us guidance in living an “enlightened” life?
- What are the “fierce facts of life” and what does the story of “Yankee the cat” have to do with finally overcoming fear?
- What is the practice of rousing “sudden presence” and how can it dispel doubt and confusion?
- How can mindfulness awareness meditation train our minds so we can rediscover our natural confidence?

Michael Carroll will lead this 3-day retreat providing participants’ opportunities to practice mindfulness-awareness meditation, attend lectures, participate in group contemplative exercises and discuss the role work plays in cultivating a spiritual life.

Program Fee: \$350 (including meals)



Michael Carroll is the author of *Awake at Work* (Shambhala 2004) and *The Mindful Leader* (Shambhala 2007) and over his 26-year business career has held executive positions with such companies as Shearson Lehman/American Express, Simon & Schuster and The Walt Disney Company. Michael has an active consulting and coaching business with client firms such as Procter & Gamble, Google, AstraZeneca, Starbucks, National Geographic Expeditions, Gilbane, Inc. and others.

Michael has been studying Tibetan Buddhism since 1976, graduated from Buddhist seminary in 1980 and is an authorized teacher in the lineage of the Tibetan meditation master, Chogyam Trungpa. Michael received his bachelor’s degree in theology and philosophy from the University of Dayton and his master’s degree in adult education from Hunter College. He has lectured and taught at Wharton Business School, Columbia University, Swarthmore College, St. Mary’s University, Kripalu, Cape Cod Institute, Zen Mountain Monastery, Shambhala Mountain Center, Karme Choling, Omega Institute (assisting Pema Chödrön) and many other practice centers throughout the US, Canada and Europe.

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit www.tailofthetiger.org/mindfullleader_1109.html

For more information about Tail of the Tiger, visit: www.tailofthetiger.org