

A close-up photograph of a wolf's face, showing its eyes, nose, and tongue. The wolf has brown and white fur. Its tongue is pink and is sticking out of its mouth. The background is a soft, out-of-focus grey.

# ***Discovering the Power of the Pack***

---

A leadership training proposal for \_\_\_\_\_  
presented by Dr. Amanda Beer and Wolf  
Connection

Wolves model a natural harmony amongst pack members, a harmony that makes space for conflict and correction, and embraces the challenges that come with growth and change. While the journey of a pack is anything but smooth, the reassuring symphony of their howl (clear and efficient communication) yields a sense of safety and trust regardless of uncertainty in the territory (work environment). Without exception, wolves prioritize the integrity of the pack (work team and or family), and the howl as a strategy to reconnect and unite.

As human teams our needs are not so different than a wolf pack. Both science and indigenous traditions tell us that humans and wolves have been hunting and migrating together for millennia. We have learned the most effective and powerful collaboration and communication tools from wolves. These lessons remain as relevant today as they were for our early ancestors. We innately seek a social structure and place of unity and connection. Too often, our work places and corporate trainings fail to address the basic needs of human teams, and especially the foundational need for a safe space to connect and unite. The wolves remind us to attend to our core social needs, which for humans can be the most challenging to recognize.

Wolf Connection's signature Discovering the Power of the Pack program leads participants through a process of personal awareness and collective exploration of their interpersonal work dynamics. The wolves and natural environment support team members to slow down and experience connection to self and others. Participants will explore their authentic natural pack roles and learn innovative methods to truly see, hear and support each other. Ultimately, the program is an invitation to identify and create the trust and understanding needed to transform your team into a powerful pack.



A close-up photograph of a wolf's head, showing its eye, ear, and fur texture. The wolf is looking slightly to the right.

# SCHEDULE

**8:45 AM**

ARRIVAL AND SELF CARE (WATER,  
RESTROOM AND SNACKS)

**9:15 AM**

OPENING CIRCLE  
INTRODUCTIONS, GUIDED  
AWARENESS PRACTICE

**9:45 AM**

INVITE TEAM MEMBER TO SHARE  
VOICE AND SET PERSONAL AND  
PACK INTENTIONS

**10:00 AM**

MEET 1-2 WOLVES IN PERSON AND  
PRACTICE CONNECTING LIKE  
WOLVES

**10:30 AM**

SILENT WITNESSING OF WOLF PACK  
& REFLECT ON WHAT WAS  
WITNESSED

**10:45 AM**

MEET WOLVES' VIA THEIR STORIES  
& LEARN ABOUT PACK ROLES

**11:30 AM**

BREAK



**11:45 AM**

GROUP PROCESS REGARDING  
WOLVES' ROLES AND INSIGHTS ON  
PERSONAL PACK ROLE

**12:20 PM**

LUNCH BREAK

**1:15 PM**

WALK IN NATURE WITH THE  
WOLVES WITH TIME TO STOP AND  
CONNECT; AWARENESS OF SELF  
AND SURROUNDING

**2:15 PM**

ACTIVITY: SEEING FELLOW TEAM  
MEMBERS TRUTH THROUGH THE  
EYES OF WOLVES

**2:45 PM**

BREAK

**3:00 PM**

ACTIVITY: CREATING THE PACK

**4:00 PM**

CLOSING: PERSONAL DISCOVERY  
AND COMMITMENT TO PACK

**4:30 PM**

ENDING FIRE WITH S'MORES

**5:00 PM**

DEPARTURE