

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.



SCHEDULE

8:45 AM

ARRIVAL AND SELF CARE (WATER,
RESTROOM AND SNACKS)

9:00 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

11:45 AM

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

12:30 PM

LUNCH BREAK

1:00 PM

DEPARTURE

Day 1 Focus: Self
Day 2 Focus: Pack
Day 3 Focus: Territory