



Tools for Personal Mastery

Focusing energy towards own goals

Making decisions at the right moment.

Keeping head clear and cool. Seeing life objectively.

Accepting realities

Developing resilience.

During the workshop Tools for Personal Mastery the participants work through their individual development questions.

Personal Mastery is about developing self-discipline. It is about accepting the responsibility, that you are creating the story of your own life.

Ask yourself, how do you want to use your skills and talents? And how to apply your goals in your daily calendar work?

The workshop offers you an opportunity to set aside time and energy to reflect on your own story. It gives you a set of tools you can use also later on for personal reflections.

About the Background:

Peter Senge said that attaining personal mastery has no shortcuts or no "quick fixes." Sometimes it would take a lifetime for personal mastery to be attained.

"Personal mastery is the discipline of continually clarifying and deepening our personal vision, of focusing our energies, of developing patience, and of seeing reality objectively," Let's be clear: personal mastery is a life-long journey and pursuit, and is not something to possess or a destination to arrive at. Learning and growth need to take place on multiple levels including spiritual, mental, emotional, social, and physical. With personal mastery, we dedicate ourselves to looking for and welcoming opportunities to be refined and stretched, because they equip us to be better ministers in a complex world. Personal mastery is truly a *discipline* because the best approach is to start with a number of practices and principles that serve as a foundation we can build upon, (Senge, 147).

The quotations from Peter M. Senge, *The Fifth Discipline: The Art and Science of The Learning Organization*