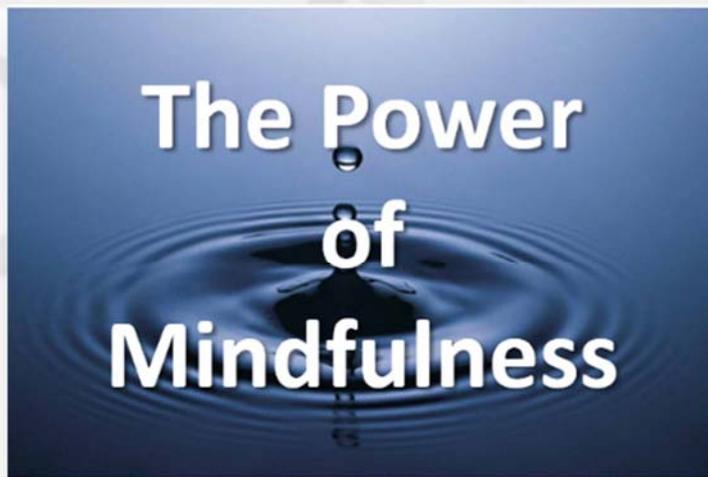


# The Diamius Leadership Academy Presents:



## WHITEPAPER

Confidential Document



*"Quantum Results Through The Center Path"*

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Today’s leaders must be capable of maintaining peak performance over time as well as managing their well-being. “Mindfulness” is the practice of attaining a place of inner clarity of mind and peace of heart. Specifically, it’s about learning how to bring greater attention and focus to our moment-by-moment challenges, staying on purpose and present, and doing so from a non-judgmental state of mind.

While Mindfulness’s focus is internal and very personal, there are huge benefits to one’s outer world, career, performance and ability to produce results. The more mindful we are, the better choices we make, and our capacity to engage in challenges and navigate them successfully is greatly enhanced.

Some of the many benefits of practicing Mindfulness are recognizing and avoiding automatic and habitual reactions, responding more effectively to complex and challenging emotional situations, bringing greater clarity and vision to one’s daily life, and achieving greater work life balance.

Mindfulness operates on the premise that our ego automatically seeks control and that the mind “has a mind of its own.” This automatic behavior requires guidance through a unique practice of setting one’s ego aside and accessing what is called the “*SupraSelf*.” (*Supra* means “above and beyond,” and is a very real aspect of our identity, one existing beyond the reach of our ego, willfulness and need for control.) Here is the curriculum outline for The Practice of Mindfulness program.

Mindfulness & The SupraSelf

Parallels between the quantum world and mindfulness are drawn. Through engaging principles and interaction, attendees integrate “quantum leap” approaches into their leadership presence. The *SupraSelf* is introduced as a superlative inner resource capable of inspiring us to operate beyond our ordinary circumstances and into the reality of extraordinary results.

- Leadership mindfulness parallels drawn for performance and collaboration.
- Distinction between “Compliance” and “Collaboration” mindful approaches.
- The leap from “Mediocrity to Extraordinary” via the power of “*SupraSelf*.”
- The “Ego’s Illusion of Smallness” and the “*SupraSelf*’s Reality of Greatness.”

Developing Supra-Awareness & Presence

Leaders must be capable of developing themselves at a rapid pace to remain competitive in today’s global marketplace. The heightened state of “*Supra-Awareness*” enables leaders to expand their capacity to engage in challenges, operate more effectively in the face of paradox and confusion, and accelerate their ability to produce results through greater resilience and perseverance.

- Accelerate mindfulness through the practice of being a “Leader of One.”
- The “Four Levels of Awareness” for integrating of “*Supra-Awareness*.”
- Distinguish and utilize principles and practices of “Presence and Choice.”
- Learn self-awareness/mindfulness practice of “*Inside Time/Outside Time*.”

The SupraSelf: Who We Are As Context

Many leaders operate from the standpoint of making the best of their circumstances rather than from the generative approach of *creating* the circumstances they want. “The Context of *Who*” introduces a powerful understanding of the authentic source of our mindful selves, a source that dwells not within “*Why*” we are, or “*What*” we are, but “*Who*” we are.

- Understand the “Power of Context” and how it shapes meaning and results.
- Group exercise “Shift One’s Context of Trust” to collaborative engagement.
- Understand difference of “*Who*” we are, “*Why*” we are and “*What*” we are.

SupraVision:  
A Quantum  
View of Results

Conventional leadership portrays “Vision” as a kind of forecasting and values alignment process, but nothing could be further from the truth. Vision is not a goal-setting tool, it is a *generative stance* from which results naturally flow. In other words, *SupraVision* is a place to “come from” rather than a place to “get to.” This shift redefines Vision’s capabilities and equips leaders with a powerful new way of approaching motivation, alignment and results production.

- Introduction of “SupraVision” a breakthrough in daily active mindfulness.
- The “3 R’s” of generative SupraVision, “Recognition, Respect & Reverence.”
- The “Listening for Greatness” and “Speaking from Intent” mentoring model.
- Hands-on practice lab work on the skills taught in the program to this point.”
- Cumulative skills summary and “Teach the Material” integration process.

Managing  
Mindful  
Growth

An essential part of any development process is ensuring that attendees have a way to integrate and apply best practices of mindfulness. Participating in an ongoing forum for sharing ideas, challenges and best practices optimizes the skill-building process and strengthens confidence of execution. The last section of this program addresses four essential fundamentals for ensuring integration of best practices.

- Introduce “Four Vital Practices For Sustained Mindfulness” and review each.
- “Intentionality” the source of perseverance and staying on track with one’s development process.
- “Accountability” the quality of being counted on and consistently following through with what we said we would do and when.
- “Adaptability” remaining open to and leverage change rather than resisting it. Embracing change with the Spirit of “can do” and positive energy and intent.
- “Sustainability” staying in alignment with our Supra Vision and Values, continuing to do what works and putting in place systems that stabilize success.
- Question and answer period and organizing “Support Partners” for ongoing practice and integration. Program notes, evaluation and completion.

**Company Statement** *Diamius Multinational* is a well-respected leadership and business development firm based in Los Angeles, California. Our company is composed of a team of professionals who hold academic degrees in business management, organizational development, behavioral science, marketing and promotions, finances and legal. In addition to our academic achievements, our team possesses years of real-time experience working in a wide range of industry genres, including technology, finance and banking, medical and science, legal, manufacturing, engineering and retail. Our leadership experts are award-winning designers and implementers who have worked with many Fortune 100 enterprise-level workforces totaling more than 50,000 executives, managers and individual contributors.

**Relevant Experience** For program and services interventions to be maximally effective their designers and deliverers must have a thorough understanding of the competitive factors existing both inside and outside the client’s scope of engagement. They must have a grasp of the chain-of-command, channels of accountability dynamics existing between diverse divisions as well as the health of client-facing engagements. Here are some of the specific business areas we have designed and successfully implemented programs for over the past two decades.

- Start-Ups, New Business Ventures, Entrepreneurial Leaders
- Sales Channels, Consulting Groups, Marketing Divisions
- Field Organizations, National & International Enterprises
- Manufacturing, R & D, Technical Labs, Call Centers
- Administration, Finance, Quality Control, Order Fulfillment
- Executive Staff, Divisional & District Management Staff
- Individual Contributors, Account Reps and Sales Teams

**Client Referral List** Here is a partial list of our Fortune 100 corporate clients. Referral contacts from these companies are available upon request.

- |                           |                               |
|---------------------------|-------------------------------|
| • Agilent Technologies    | • Pacific Telesis             |
| • AT&T Corporation        | • Pacific Bell                |
| • Frank Russell Company   | • Proctor and Gamble          |
| • Hewlett-Packard Company | • Prudential Insurance        |
| • Intel Corporation       | • Sutter Health Systems       |
| • Intuit, Inc.            | • Tektronix, Inc.             |
| • Microsoft Corporation   | • Yahoo, Inc.                 |
| • Monarch Health Systems  | • XTC, Extreme Tech Challenge |

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