Do Power Differently:
A Women’s Leadership Immersion
2022 APPLICATION

Thank you for your interest! Please fill out the following application, which includes three narrative questions. We will begin accepting applications in March 2022. Since there are a limited number of spots, we encourage you to apply early. Please note: if you are a scholarship applicant you do not need to fill out this application. Please fill out the scholarship application only.

Workshop Overview:
Do Power Differently: A Women’s Leadership Immersion
A guided online course with Mallika Dutt, Carla Goldstein, Leslie Salmon Jones, Sharon Salzberg and Sarah Urech
April 25 - May 20, 2022
Hosted by the Omega Women’s Leadership Center (OWLC)

Whether guiding a family, working in an organization, running a business, or holding public office, leadership involves deciding what matters most. Today, the old “command and control” leadership model is giving way to “connect and collaborate,” and women are playing a central role in this important shift.

In this 4-week guided online course, you’ll build skills in five leadership essentials—values, voice, vessel, vision, and voyage, including revitalizing self-care practices. Our seasoned team of faculty will guide you in a holistic exploration of leadership and power and lead you through a curriculum designed to help you #DoPowerDifferently at the personal, relational, and global level. Because we value a collective approach, this will take place in an intergenerational, cross-sector, multiracial circle of women.

This Leadership Immersion is for all who identify as women and want to become more effective and impactful leaders contributing to a caring, just, and sustainable future for everybody. Eight modules (2 per week) will invite you on a discovery of your leadership through dynamic content and activities including reflection, writing, movement, and meditation. Every Friday you’ll meet with designated course faculty for a 90-minute live session to learn more and explore these complex topics in community through interactive exercises and discussion. You’ll also participate in learning groups of 5 participants for peer exchange, support, and wisdom.

This guided course will occur over a four-week period with two modules per week (Saturday-Tuesday and Wednesday-Friday) and 4 weekly live sessions with faculty. You will be working on your own, with other participants, and attending 4 live sessions.

Whether you are a seasoned leader or beginning your leadership journey, this course can help you be the courageous, wise, and nurturing leader the world needs today.
8 Course Modules

Modules will be released twice a week on Saturdays and Tuesday evenings, and our faculty will host weekly live sessions on Fridays, 12:00 - 1:30 pm EDT.

1. Getting Started: Orient yourself to this course, inventory your learning styles, and introduce yourself to your learning community.
2. Leadership: Delve into the OWLC’s definitions of leadership and power, examine your own relationship with power, and meet your (small) learning group.
3. Values: Explore your personal, relational, and global values and learn how an intersectional analysis supports your leadership.
4. Voice: Investigate your connection with your voice and strengthen your capacity to communicate with authenticity and impact.
5. Vessel: Learn how to connect to your “vessel” or embodied self as a resource of wisdom, discernment, and strength.
6. Vision: Integrating insights from your work on values, voice, and vessel, create a compelling and actionable vision.
7. Voyage: Bring your vision and purpose to the work of shaping an action plan that aligns with your intention and motivation.
8. Leadership Plan: Sketch a one-year leadership plan for putting your learning into action and share an overview of it with your learning community.

Live Sessions

Weekly live sessions take place on Fridays April 29, May 6, 13, 20, 12:00 - 1:30 pm EDT, where you will learn more about our module topics from designated faculty and deepen your learning through interactive activities and community conversation.

Learning Groups

Participants will be assigned into small learning groups (approximately 5 participants) for semiweekly exchange in the “discussion forum”. We encourage supplementing these structured exchanges with self-organized meetings.

Estimated Time for Completion

The course commitment is about 4 hours per week for 4 weeks:

- 2-3 hours weekly to complete 2 modules, plus recommended additional 1 hour offline for digestion & integration
- 1.5 hours weekly live session
- Optional self-organized meetings with your learning group
Submission: Please submit your completed application to classapplications@eOmega.org or mail to Registration Department, Omega Institute, 150 Lake Drive, Rhinebeck, NY 12572.

Notification: Within approximately four weeks of receiving your application, we will notify you regarding the status of your admission to the 2022 Do Power Differently: A Women’s Leadership Immersion.

Questions: If you have additional questions, please contact Registration at 800-944-1001 (toll free in the U.S.) or 845.266.4444, or email classapplications@eOmega.org.

For additional information about the OWLC and its programs, please visit our website at Omega Women's Leadership Center.
Do Power Differently: A Women’s Leadership Immersion Application

APPLICANT INFORMATION

Name:

Home Address:

City: State: Zip Code:

Phone (home): Phone (cell):

Email:

EMPLOYER/ORGANIZATION INFORMATION (IF APPLICABLE)

Employer / Organization Name:

Occupation / Title:

Office Address:

City: State: Zip Code:

Website:

Phone (office): Email (office):

PERSONAL PROFILE

In what field do you work? Please check any and all that apply.

- [ ] Arts
- [ ] Business
- [ ] Computers & Technology
- [ ] Education
- [ ] Finance
- [ ] Fitness/Nutrition
- [ ] Government
- [ ] Healing Arts
- [ ] Hospitality & Tourism
- [ ] Law/Criminal Justice
- [ ] Media & Marketing
- [ ] Medical/Health Care
- [ ] Organizational Leadership & Management
- [ ] Nonprofit
- [ ] Psychology/Social Work/Counseling
- [ ] Science & Engineering
- [ ] Skilled Trades
- [ ] Other (describe):
How would you describe your leadership stage?  
O Aspiring  O Emerging  O Seasoned

What is your age (optional)?  

The categories below are consistent with the ones used in the census questionnaire as reflective of the US social definition of race. We include these questions because Omega is committed to equity. Which racial categories do you use to identify yourself?

O American Indian or Alaska native  
O Asian  
O Black or African American  
O Hispanic or Latina  
O Native Hawaiian or other Pacific Islander  
O White or Caucasian  
O Multi-ethnic  
O Other (please specify): ______________________________

Have you attended any OWLC workshops in the past?  
O Yes  O No

If yes, which ones and when?

________________________________________________________

________________________________________________________

NARRATIVE QUESTIONS

1. What motivates you to sign up for the Intensive to become the kind of leader the world needs now? Please describe in 2-3 paragraphs.

2. How do you plan to use what you learn at Omega personally, in your work or studies, and in your community? Please describe in 2-3 paragraphs.

3. Please share your current view on the need for an intersectional approach to shifting historic systems of power and privilege. Describe in 1-2 paragraphs.