

DREAMS OF TECHNOLOGY

Technophobes, technophiles, Luddites. Geeks, nerds, wizards, and techies. All are words reflecting our attitudes toward human artifice: Its origins, its dangers, its relationship to mankind, and its future. Since Prometheus brought fire to humans (according to one of the myths we will discuss), technology has been bound up in our drive to order our lives and ward away chaos.

The boundary between technology and magic can seem hazy. Pre-technological cultures saw themselves as integral parts of an animated world, in which each stone and tree harbored its own benevolent, mischievous, or malicious spirit. Advanced electronics will once again bring us a magical, techno-animated world where, as in a Disney cartoon, every teakettle will dance on mechatronic legs, sense with silicon/DNA circuits, and speak in a synthesized voice.

This workshop's discussion (no physical exercises in this one) lets us explore in new depth how we feel about technology, whether we wish to live as technology leaders or technology followers, and how we will harness technology in our business and personal lives.

Imagine a manager who always sees the big picture - details and context - when making decisions. Imagine further that she acts swiftly and decisively once a decision is made. She is a "Conscious Manager." A conscious manager acts with abandon because she is not attached to the outcome of the decision. She is happy because she is always fully present to enjoy the journey.

—Drs. **George Kozmetsky** and **Raymond Yeh**,
co-authors of *Zero Time*.

QUEST FOR THE SWORD

Decision situations are fraught with ethical dilemmas and "analysis paralysis." In this workshop, you will use Eastern ideas to develop your decision making abilities, via a treasure-hunt. A legendary sword named *Katsujinken* has been lost. You and fellow participants will follow clues until you find *Katsujinken* and return it to the service of humanity. You will explore the meaning of the word *decision*, which at its root means *cut*.



WORKSHOP LEADER

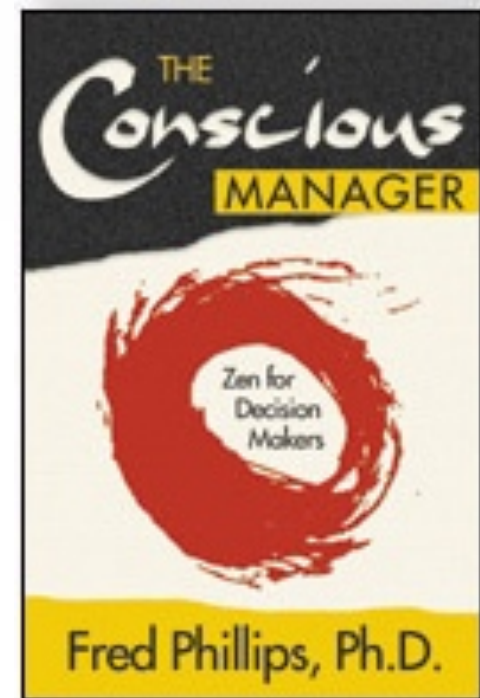
Workshop Leader Fred Phillips, Ph.D. has taught Zen martial art for more than 35 years. He holds Fifth-Dan rank in Aikido. A university professor, he has taught and spoken in dozens of countries. He is Editor-in-Chief of Elsevier's international journal *Technological Forecasting & Social Change*, and author of *The Conscious Manager: Zen for Decision Makers* (General Informatics, 2003, ISBN 1581510799).

CALL OR EMAIL

for prices and availability:
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All workshops except *Zen for Decision Makers* last 1-2 hours and can be time-tailored to clients' needs. *Zen for Decision Makers* needs at least 4 hours, but can be split into two parts. *Quest for the Sword* requires an Internet station for each team.

Workshops With
Fred Phillips



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ZEN FOR DECISION MAKERS

EXPLORE how Zen principles can:

- Make you and the people who work for you happier and more productive
- Lead to better decisions.

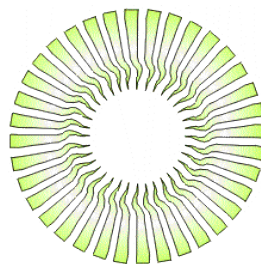
The Zen path to responsible decision-making is a powerful yet simple re-framing of the troubling issues that face us when we make decisions.

Participants experience these principles through gentle physical exercises and guided meditations. (Wear loose clothing and bring a thick cushion or phone book to sit on.)

The workshop includes discussion and coaching about your own decision-making. Are you struggling with a tough decision? Still wondering about a decision you made in the past? Bring it along, and we'll be interactive.

Fred shows the way toward conscious management and conscious living. His book sparkles with wit and wisdom.

-Dr. **Ginny Whitelaw**, former NASA scientist/administrator, and author of *Bodylearning*.

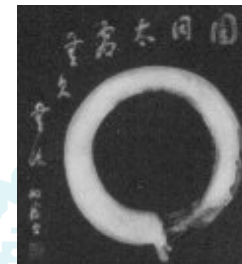


PREVENTING, AVOIDING, AND RESOLVING CONFLICT

This workshop, mixing gentle mind-body exercises with discussion, will give you a new perspective on conflict and new confidence in your capacity to deal with it. Its principles are applicable to any kind of interpersonal conflict, from school bullying and physical intimidation to office politics. Wear loose clothing.

For harried managers pressured to meet quarterly goals, The Conscious Manager provides a refreshing and unique method for becoming an enlightened manager and human being. Integrating business practice with martial arts and philosophy, Fred Phillips shares insights and knowledge gained from his hard-won experience. His Way is like Zen itself -- being and doing are one and the same -- clear, open, aware.

-**Sheridan Tatsuno**, Principal, Dreamscape Global.
Author of *Created in Japan* and *The Technopolis Strategy*



INTRO TO MARTIAL ART FOR YOGA PRACTITIONERS

According to legend, Bodhidharma brought Buddhism from India to China, lodging along the way at the Shaolin monastery. As Shaolin monks were frequently robbed and beaten during their own travels, Bodhidharma adapted yoga movements to create a self-defense system that the Shaolin famously refined to a high degree.

This workshop is for yoga practitioners (with at least a year of yoga experience) who are curious about the interface of yoga and martial art. It is a low-pressure session, not intended to create master martial artists! Some exercises will be more demanding, some less, and the instructor will help each participant find his/her comfort level. Wear loose clothing.

Fred Phillips balances an inner spirit with the realities of management decision making. He practices it, and now shares it, using the teachings of Zen and aikido. His insights and mastery of decision making are genuine and timeless. The concepts are clearly presented and will inspire the reader to a higher level of management knowledge. Its impact is immediate, and I recommend it to the consummate decision maker!

-**Dr. Glenn Miyataki**, President, Japan-America Institute of Management Sciences, Honolulu