



HIGH IMPACT LEADERSHIP SEMINAR-2

Great leadership requires consistency under pressure.

HILS-2 is the second phase of transformational leadership. This 5-day experiential seminar takes leaders beyond self-awareness into the deeper work of uncovering the beliefs, assumptions, and internal patterns that shape how they lead—especially in moments of change, challenge, or uncertainty.

Central to the experience is a structured “agility workout,” a series of interactive leadership exercises that stretch participants beyond their defaults. These exercises are designed to expand behavioral flexibility, surface limiting patterns, and strengthen the capacity to lead with intention instead of reaction.

This isn’t about tools or tactics—it’s about shifting what’s underneath and developing the agility great leadership requires.

Key outcomes:

- Clarity on the beliefs driving your leadership
- Ability to recognize and shift limiting patterns
- Greater consistency in how you lead and communicate
- Broader behavioral range to adapt across teams and situations
- Stronger ability to empower others while staying accountable
- Internal agility to lead through challenge, feedback, and change

Program details

Pre-Requisite: HILS-1

Class Size: Limited to 12 participants
(CEOs, senior executives, and management)

Length: 5 days, Monday–Friday, with some evening work

Location: Well Being Retreat Center in Tazewell, TN

Tuition: \$9,000 (*does not include lodging or meals*)

2026 Calendar

April 13–17

September 28–
October 2

Ready to become an
agile leader?

REGISTER NOW

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I lead with greater self-awareness and intention, more aware of how I react to high-pressure situations and mindful of my impact on others.

- HILS-2 participant

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HILS-2 is the second step of your leadership journey:



Experienced, real-world facilitators

Our consultants have extensive leadership experience in a variety of business environments. They have worked with Fortune 500 companies, small and medium-sized leadership businesses, family enterprises and non-profit organizations. Their guidance is founded on decades of mindfulness-based leadership.



Cecilia Calderon

Jon Patton