

# The Ki of Cooperation

## 2024 Schedule All Sessions 8-10am Pacific Time

Between sessions, participants will engage in a personally selected *focus area* for their practice, and will be supported by the Ki of Cooperation (KoC) Community House and facilitators.

Oct. 22	Oct. 29	Nov. 5	Nov. 12	Nov. 19	Dec. 3	Dec. 10
Cooperation within	Cooperation with another	Cooperation in community	Cooperation in the world	Practicing the Ki of Cooperation	Practicing the Ki of Cooperation	Reflection, integration, next steps

### Why the Ki of Cooperation?

The Ki of Cooperation is a training program that builds confidence and competencies for cooperation across boundaries. To cooperate successfully as global citizens takes skill, resilience and practice. This program is designed to help meet the global crises of our time, threats to our environment and the democratic systems across the world, by equipping citizens worldwide to honor one another and work together toward common goals. Cooperation is a practical imperative.

When we gather to work harmoniously toward a mutually desired outcome - small or large - it is not only satisfying and enriching, it is also essential in meeting the challenges we face in our daily lives and in our precious world. The need for increased cooperation in the world is starkly evident; it's time for us to come together and build the world we desire for the benefit of all.

### How do I know this program is right for me?

Are you called to step forward into greater impact in your life and work? Have you been wondering, "What is life asking of me now?" Do you sense a deeper energy and current calling you forward and into connection with others? Perhaps you know you want to make the world a better place, but don't want to do it alone. Your impulse to connect with others and find new ways to cooperate more successfully is a sign that this program is right for you.

### What are the components of the Ki of Cooperation program?

- Live, interactive workshops offered via Zoom (14 workshop hours)
- The Ki of Cooperation Guidebook, a comprehensive description of the framework, including tools, exercises and reference materials
- Membership in the new *Ki of Cooperation Community House* providing global access to a community of practitioners, authentic connections with others, support for your practice and a multitude of resource materials
- Personal guidance and support offered by program leaders all along the way

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## What can I expect to get from this program?

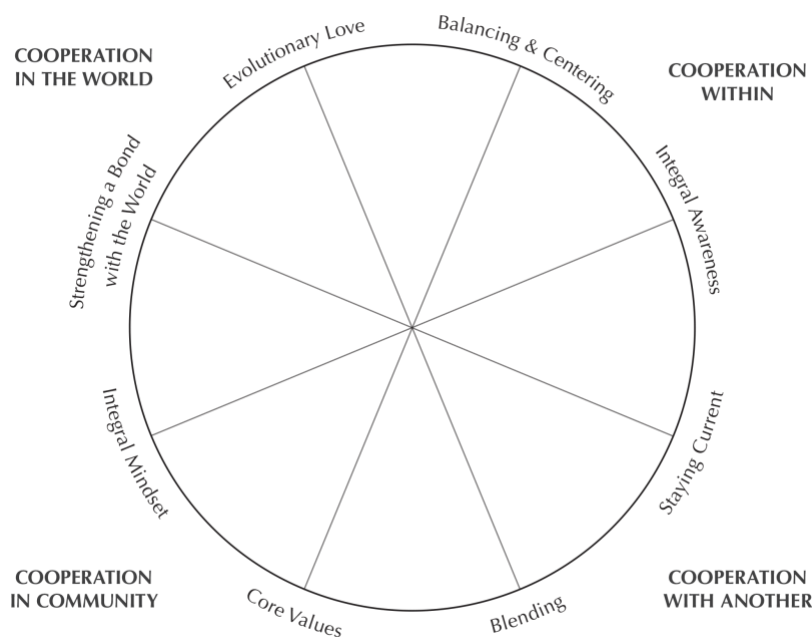
You will learn how to:

- Speak your mind clearly and with confidence
- Listen deeply and inquire to understand
- Gain clarity on your values, what matters most
- Welcome new ideas and different points of view
- Cultivate all parts of yourself – physical, mental, emotional and spiritual
- Engage in integral practice and life-long learning for growth and transformation
- Learn practices to keep your creative energy flowing under pressure
- Experience inclusive, mutually fulfilling, positive relationships
- Make progress in an important of your life where cooperation is needed

## What, specifically, will we be doing in this program?

In the Ki of Cooperation, we cultivate a variety of helpful perspectives and practices for bridging boundaries and connecting harmoniously with ourself and with others. We work with *The Ki of Cooperation Practice Wheel* (see below), cultivating eight practices that support cooperation within, with another, in community, and in the world. Between sessions we apply these practices to an important area(s) of our life where cooperation will make a significant difference. Along the way you'll be supported by a diverse community of integral practitioners and facilitators who are there for your encouragement, guidance and support as you develop these essential skills.

**The Ki of Cooperation Practice Wheel**



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## **If I have already taken a Ki of Cooperation training, what is the case for taking it again?**

As with all practices, the practitioner goes deeper. There is an infinite depth of learning to discover about yourself, your capacities and ways to cultivate cooperation in the world. The more you practice, the greater your growth. You can never step into the same stream twice. As you are called to contribute to the world, you are also called toward a fuller realization of your innate potential.

We also continue to shape and cultivate the program. While the framework may be similar to previous versions, we continuously update and refresh this powerful offering. We have a new *Ki of Cooperation Community House* (online Community of Practice) we are introducing that will inspire connections and support practice during the program and beyond.

*There is something magical about any intense, tightly knit group of people working together and playing together, a feeling of being in the world while at the same time being apart from it, apart together.*

– George Leonard & Michael Murphy  
The Life We Are Given