

## Welcome to the 15-week Online Integrative Inquiry (INIQ) Mindful Compassion Leadership Course

18 August 2019

Dear Colleagues,

I trust this email finds you as well as can be.

In response to increasing concerns and challenges for those who lead within education, we are offering this FREE Integrative Inquiry Course (aka compassionate leadership). The intended audience of this course is YOU! I am so honored and grateful you have chosen to engage in this journey with me. THANK YOU!

For 15 weeks - following your completion of the online pre-assessment found at [https://sdsu.co1.qualtrics.com/jfe/form/SV\\_dgVCyDKj3fKjDr7](https://sdsu.co1.qualtrics.com/jfe/form/SV_dgVCyDKj3fKjDr7) AND completion of the attached waiver (please complete and return by email to [rushingtoyoga@gmail.com](mailto:rushingtoyoga@gmail.com))

- you will receive an email with an invitation to access each week's no more than 20-minute online video, which can be found here - <http://rushingtoyoga.org/%2014-week-integrative-inquiry-compassion-course%20/>

Each week's video will focus on a particular mindful compassion teaching and include an invitation into specific guided practices that can be found here - <http://rushingtoyoga.org/practice-recordings/>

In addition, there will be a weekly 2-minute reflective journaling prompt that are for your eyes only. They are listed under each 20-minute video found at <http://rushingtoyoga.org/%2014-week-integrative-inquiry-compassion-course%20/>

Each week, we get to come together online for 60 minutes in a face-to-face online setting to practice these evidence-based exercises, posit questions and concerns, as well as share ideas for how these exercises have been useful (or not useful) in our day-to-day. The schedule for the live online session can be found here - <http://rushingtoyoga.org/webinar-compassionate-leadership/>

Prior to gaining access to the course, please do complete the online course pre-assessment survey found at [https://sdsu.co1.qualtrics.com/jfe/form/SV\\_dgVCyDKj3fKjDr7](https://sdsu.co1.qualtrics.com/jfe/form/SV_dgVCyDKj3fKjDr7)

And if you haven't had time to do so, please also review this video prior to engaging in the first week's video for the course so you can gain an understanding of how this all fits into a transformational leadership model. <https://www.youtube.com/watch?v=7NQ3trj4VO0&t=8s>

Finally, more information will be forthcoming regarding orientation.

We look forward to connecting with you in this way with the intention to support your practice as a mindful compassionate educational leader.

In joy,

Marilee and Carol