

*The LaL methodology has been taught at:*

- » *Harvard Business School*
- » *Stanford University*
- » *Berkeley University*
- » *University of Michigan*
- » *Ohio State University*
- » *the Darden School of Business*

*Would you like to know more about our programs? Get in touch.  
tel: 415.453-5050  
info@learnaslead.com  
www.learnaslead.com*

“It is astonishing how each step in the One Year Program goes ever deeper toward the core issues, offering a unique opportunity to step back and examine one’s life with the most powerful analytical lens I have ever encountered. **This work constantly provides new insights that make my life richer and more satisfying both at work and at home.**”

Robin Ely, PhD,  
Warren Alpert Professor of  
Business Administration,  
HARVARD BUSINESS  
SCHOOL

and interact with a wide variety of constituents.

**LaL gave me a lens and framework for seeing clearly the ways that I contribute to the frustrations I sometimes experience on the job.** More importantly, it gave me a roadmap for creating the kind of life (work and otherwise) that I truly want and some tools for staying on the path.”

Sue Ashford, PhD,  
Michael & Susan Jandernoa  
Professor of Organizational  
Behavior,  
UNIVERSITY OF MICHIGAN

approaches to change.

The next step focused on creating an alternative compass: new motivations, goals and practices that formed a framework for breaking through old ego-driven patterns.

**The seminar helped me turn some important corners in my life and change the texture of my daily interactions. It was a gift to myself and to my family.** I have since recommended LaL to many of my closest colleagues and friends.”

Debra Meyerson, PhD,  
Associate Professor, School  
of Education and Business,  
STANFORD UNIVERSITY

“LaL has provided me with a concrete way to build a culture of learning not only through developing programs for students and faculty, but also through carrying out my everyday responsibilities as an administrator. **I would highly recommend LaL to any leader in higher education.**”

Ross Peterson-Veatch, Ph.D.,  
Associate Vice President of  
Academic Affairs,  
Academic Director for  
the M.A. in Intercultural  
Leadership,  
GOSHEN COLLEGE

“LaL’s approach to systemic change through personal development is unique in its depth and potential for transformative learning. By midway through the Personal Mastery seminar I had constructed a mirror that provided an undeniable reflection of the patterns of my life, the motivations that drive these patterns, and – most painfully – the costs of these patterns to myself, my relationships, and others in my life. It took time to construct this mirror and even more time to internalize, and really feel its implications. Yet this was essential. My reflection became a powerful engine for change – an engine typically absent in other

“The One Year Program allowed me to make a fundamental shift in my approach to my work as a university professor. As I took a hard look at my behavioral patterns, I realized that I spent a lot of my work life taking on jobs because they validated my standing and value, not because they were aligned with my real aspirations. I soon resented the time they took from what I considered to be my “real” work, and they became obligations rather than opportunities.

LaL helped me clarify and recommit to what I

“As an academic administrator, I play a diverse set of roles

want to contribute through my professional and personal goals, and this has renewed my energy and enthusiasm for my research and teaching.

My students have responded to my new attitude and approach with enthusiasm, and we are jointly creating seminars and research projects that we are deeply excited about.

**Instead of complaining about problems at work, I am now committed to understanding my role in them and how I can co-create the work environment and meaningful collegial relationships that I want.**

These transformations have also affected my personal life. My husband and I have begun to clarify our common goals, and the impact on our family relationships has been very positive.

As a social psychologist, I have been fascinated at the overlap between the teachings of LaL and the psychological research literature on people's essential needs, the self-esteem system, and the circumstances that encourage true mastery and relatedness, rather than the illusion of competence and feelings of superiority. **Not only are LaL's teachings well**

**grounded in empirical research, but they translate into concrete and lasting change."**

Jennifer Crocker, PhD,  
Ohio Eminent Scholar in  
Social Psychology,  
Professor of Psychology,  
THE OHIO STATE  
UNIVERSITY  
Former President,  
SOCIETY FOR THE  
PSYCHOLOGICAL STUDY OF  
SOCIAL ISSUES

**"A**dvanced Mastery helps uncover how we invisibly get in our own way, divert ourselves, and tell ourselves myths about "what must get done" and "what no one else can do but me." It then enables us to clarify our goals and essential tasks, so that we can commit our energy and efforts to those -- and live more purposefully."

Joshua Margolis, Ph.D.  
James Dinan and Elizabeth  
Miller Professor of Business  
Administration  
HARVARD BUSINESS  
SCHOOL

**"A**s an academic administrator, I play a diverse set of roles and interact with a wide variety of constituents. LaL gave me a lens and framework for seeing clearly the ways that I contribute to the frustrations I sometimes

experience on the job. More importantly, it **gave me a roadmap for creating the kind of life (work and otherwise) that I truly want and some tools for staying on the path."**

Sue Ashford, PhD,  
Michael & Susan Jandernoa  
Professor of  
Organizational Behavior,  
UNIVERSITY OF MICHIGAN

**"T**he feedback was very useful because of the identification and interpretation of consistent patterns in various domains. There were things I saw that I hadn't thought about, but when they were pointed out, I felt they were on the mark. It's a gift to have multiple lenses through which to see one's self, which is what 360 feedback provides."

Susan Jung  
MSMS Faculty Director and  
Clinical Associate Professor,  
Questrom School of  
Business,  
BOSTON UNIVERSITY

**"T**o say Personal Mastery had a profound impact on my view or my current situation would be limiting. **I know that I'm better equipped right now to deal with my**

**pressing issues than before.** Thank you. Thank you from the bottom of my heart."

Jim Eagen,  
Head of School,  
SYNAPSE SCHOOL

**Would you like to know more about our programs?  
Get in touch:  
tel: 415.453-5050  
info@learnaslead.com  
www.learnaslead.com**