

# DALAI LAMA FELLOWS

Transforming the World Through Compassionate and Contemplative Leadership



The Dalai Lama Fellows (DLF) is a community of leaders, social innovators and organizers who are committed to making the world a better place for all through leadership that is wise, caring, and sustainable. DLF embraces a “Head, Heart, and Hands” leadership model that holds self-awareness, emotional intelligence, compassion, and resilience as necessary skills for responding to the complex challenges of the 21st Century. The program engages the “head” by training the mind to cultivate awareness and understand systems, the “heart” by harnessing the wisdom of the heart in deepening compassion while working across differences and navigating uncertainty, and the “hands” by enacting wisdom and compassion in the changemaking work the Fellows do within their communities.

The Dalai Lama Fellows program at CU Boulder is led by the Crown Institute and offered to students in the Leeds School of Business. It is a unique one-year leadership program for emerging social changemakers reflecting the values of the global Fellowship within CU Boulder.

## BRIEF OVERVIEW

DLF is unique in its emphasis on the well-being of changemakers themselves and the kinds of social, emotional, and intercultural skills necessary for their work to have a truly transformative impact. We aim to help Fellows genuinely flourish in their work and see their own transformation ripple out to the teams, communities, and systems in which they are embedded.

## CORE COMPONENTS OF THE PROGRAM

### THE HEAD, HEART, AND HANDS, INTEGRATED LEADERSHIP CURRICULUM

DLF’s unique *Head, Heart, and Hands* curriculum offers each fellow a dynamic learning journey informed by the latest theories and research on leadership alongside age-old wisdom from contemplative traditions. The curriculum provides intellectual knowledge as well as regular opportunities for active learning and practical applications of the content to Fellows’ everyday lives and changemaking efforts.

### COMPASSION IN ACTION COMMUNITY PROJECTS

During the Fellowship year, each fellow works on a *Compassion in Action* project in a community with which they have strong relationships. These projects allow Fellows to apply the concepts and practices they are learning through the program to their community work, thus distributing their personal growth to far wider networks in the ecosystems with which they are engaged.

### 1-ON-1 COACHING AND MENTORING

Fellows receive personalized 1-on-1 coaching and mentoring to support their ongoing development. The coaches bring a wealth of expertise with working at the intersection of contemplation and community work, and each coaching call is a space where Fellows receive care, guidance, and the opportunity to find answers to their most pressing questions.

### COMMUNITY LEARNING

Throughout the year, Fellows engage in small-group and full-cohort learning experiences. In addition to receiving further guidance from facilitators during community learning experiences, Fellows also learn from each other.

### CONTEMPLATIVE WORKSHOPS AND ASSEMBLY

Fellows attend workshops, retreats, and an annual leadership assembly where they have the opportunities to learn contemplative practices and new perspectives on leadership and social innovation.



crown  
institute

The Renée Crown Wellness Institute  
University of Colorado **Boulder**