

THE WISDOM PROJECT

EDUCATIONAL PROGRAMS FOR THE CULTIVATION OF INDIVIDUAL AND COLLECTIVE WISDOM 2022



The Wisdom Project is an organization dedicated to the creation and dissemination of educational programs for the cultivation of individual and collective wisdom.

As the multiple crises of our technological society have revealed the ways in which even the smartest and most educated among us can be foolish, we have been confronted with the boundaries of our rationality, with our tendency to jump to conclusions, make decisions based on unconscious biases, and disregard evidence that challenges these biases. We have been awakened to the need for wisdom.

Fortunately, the new science of wisdom is giving us access to what makes a person or collective wise, and therefore to educational interventions for the development of wisdom. Blending current science with practices from the ancient traditions of the East and the West, we can upgrade the ways in which we live, work, and create community. We can cultivate wisdom.

"WISDOM BEGINS IN WONDER"
SOCRATES

Dr. Iris Stammberger
The Wisdom Project, LLC
Founder
DrIris@IrisStammberger.com
Phone +1 617 334 5942

THE WISDOM PROJECT

7 WEEK-INTRODUCTORY PROGRAM

Becoming wiser decision-makers

To discuss how to create your own Wisdom Project
email DrIris@IrisStammberger.com
or schedule a free conversation at <https://calendly.com/driris/30min>

ENHANCING DECISION-MAKING

BY IMPLEMENTING FINDINGS FROM THE SCIENCES OF WISDOM AND MINDFULNESS.

Wisdom, as the ability to overcome self-deception and pierce into what is real, is a perennial ideal of humankind. It embodies a model of human excellence known to all cultures. In this program, you will learn how to develop this precious virtue by approaching a challenging project while cultivating seven different skills which, supporting each other, bring excellence to the decision-making process and its outcomes:

THE WISDOM PROJECT FRAMEWORK

- #1. ASPIRATION.** CULTIVATING THE ABILITY TO DISCOVER NEW PERSPECTIVES.
- #2. MINDFULNESS.** CULTIVATING THE ABILITY TO MINIMIZE IMPULSIVE DECISIONS.
- #3. OPEN-MINDEDNESS.** CULTIVATING THE ABILITY TO CHALLENGE ERRORS IN THINKING.
- #4. SELF-REGULATION.** CULTIVATING THE ABILITY TO ARCHITECTURE OUR EMOTIONAL LANDSCAPE.
- #5. INTUITION.** CULTIVATING THE ABILITY TO VALIDATE "GUT FEELINGS".
- #6. UNDERSTANDING.** CULTIVATING THE ABILITY TO ESCAPE FROM THE TYRANNY OF LANGUAGE.
- #7. TRASCENDENCE.** CULTIVATING THE ABILITY FOR EXISTENTIAL CHANGE.

Even the most intelligent people can be foolish and make poor decisions when the challenges are complex. This is because reasoning is ridden with multiple shortcuts that, while effective for day-to-day decision-making, may lead to errors when the challenges are complex. Yet, some people can grasp the multiple perspectives needed to confront complexity in ways that help them make better decisions and flourish in life, work, and community, we call them wise. At the Wisdom Project, we combine research-based insights from the sciences of wisdom and mindfulness with ancient teaching from sages from the past, because we believe that we can all aspire to be wiser, one project at a time.

SEVEN-WEEK ONLINE PROGRAM

Two-hour weekly online sessions

Cost: we accept **donations** up to \$ 500 US/participant

Currently enrolling for programs starting:

Sept 30th and October 1st

7 am, 11 am and 7 pm US EST

(11 am, 3 pm and 11 pm UTC) or (1 pm, 2 am, and 1 pm DST)

Let's take on the challenges of our current era by accepting that what makes us smart does not necessarily makes us wise, by accepting that wisdom is something that we all can cultivate, and by embracing new and old strategies that can shine the light of wisdom in our lives, work and communities.

Dr. Iris Stammberger
www.IrisStammberger.com

Dr. Iris Stammberger is a cognitive psychologist, organizational consultant, and mindfulness teacher who has created highly successful individual and collective transformation programs. Her work focuses on integrating scientific findings with tools for better decision-making. Previously, as the founder of the Boston-based Learning Management Institute, she created a framework, TALBOK™, to support the pursuit of excellence in business and academia. Through a partnership with LASPAU, a Harvard-affiliated organization, TALBOK™ has been implemented in numerous universities in the Americas, and, to date, more than 5000 higher education teachers have been trained to use it to transform their work and their communities of practice. Her more recent brainchild, *The Wisdom Project*, combines findings from the new sciences of wisdom and mindfulness to offer educational programs for the individual and collective cultivation of excellence in decision-making. Currently, she works as a consultant for companies in the Boston area and works as a stress reduction leader at the Center of Psychophysiological Science at Beth Israel Deaconess Medical Center, a Harvard-affiliated hospital.

Contact her at DrIris@IrisStammberger.com