

# THE WISDOM PROJECT

## 7 WEEK-INTRODUCTORY PROGRAM

Becoming wiser decision-makers

To apply and discuss how to create your own Wisdom Project  
email [DrIris@IrisStammberger.com](mailto:DrIris@IrisStammberger.com)  
or schedule an exploratory interview 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 PROCESS

- #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. **TRANSFORMATION.** 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. That is why at the Wisdom Project our mission is to apply insights from the sciences of wisdom and mindfulness in ways that improve decision-making in complex situations.

#### SEVEN-WEEK ONLINE PROGRAM

Two-hour weekly online sessions

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

Currently enrolling sessions starting:

August 11 at 7 am/August 12 at 11 am/ August 13 at 11am, Boston time (US EST or GMT-4)

Check your GMT time zone here: <https://www.timeanddate.com/time/map/>

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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

Dr. Iris Stammberger is an applied cognitive scientist, organizational consultant, and mindfulness teacher who has created highly successful individual and collective transformation programs. Her work focuses on integrating scientific findings with strategic 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 education. Through a partnership with LASPAU, a Harvard-affiliated organization, TALBOK™ has been implemented in numerous universities in the Americas. More than 5000 higher education teachers have been trained to use it to transform their work and their communities of practice. Her 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. Currently, she works as a mindfulness leader at the Center of Psychophysiological Science at Beth Israel Deaconess Medical Center, a Harvard-affiliated hospital.

Contact her at [DrIris@IrisStammberger.com](mailto:DrIris@IrisStammberger.com)