

# THE WISDOM PROJECT FOUNDATIONAL PROGRAM

Learn how to apply tools from the sciences of mindfulness and wisdom to our local and global challenges. Start with a project dear to your heart, register for our seven online two-hour sessions, and join our global community. It will change your life.



## DISCOVER FLOW. REINVENT YOUR WORLD. ONE PROJECT AT A TIME.

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.** DISCOVERING NEW PERSPECTIVES.
- #2. MINDFULNESS.** MINIMIZING IMPULSIVE DECISIONS.
- #3. OPEN-MINDEDNESS.** CHALLENGING ERRORS IN THINKING.
- #4. SELF-REGULATION.** SCULPTING OUR EMOTIONAL LANDSCAPE.
- #5. INTUITION.** VALIDATING "GUT FEELINGS."
- #6. UNDERSTANDING.** ESCAPING THE TYRANNY OF LANGUAGE.
- #7. TRANSCENDENCE.** EMBRACING EXISTENTIAL CHANGE.

At the Wisdom Project, we believe that we can all aspire to be wiser if we focus on a personal project and, one step at a time, flexibly apply a combination of tools from the sciences of wisdom and mindfulness while learning from the teachings of historical sages. 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 various perspectives needed to confront complexity in ways that help them make better decisions and flourish in life, work, and community; we call them wise. Join us to start your journey towards wisdom!!!

Choose the October course that best fits your schedule  
Oct 21st at 6 pm US EST; or Oct 22nd at 2 pm US EST; or Oct 23rd at 7 pm US EST  
Seven sessions, one online session a week, two hours each  
Cost: we accept donations of up to 500\$/participant.  
To apply, contact us at [DrIris@IrisStammberger.com](mailto:DrIris@IrisStammberger.com).

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](http://www.IrisStammberger.com)

Dr. Iris Stammberger is a cognitive psychologist, organizational coach, 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 us at [DrIris@IrisStammberger.com](mailto:DrIris@IrisStammberger.com)