



Lantern

Illuminating the Leader's Journey

It's Time to Shine Your Light



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The Meaning of Lantern

The Lantern metaphor was chosen with intention. Throughout the three-day retreat, you will be on a journey to explore the four meanings of Lantern that are designed to help you navigate life and leadership with ease and grace.

1. A leader is a light for others.

Leadership involves creating vision, inspiration, learning, and guidance for others. Leadership is about speaking our truths and shining our lights and in order to do so, we must trust and know ourselves. The process of leadership starts with clarifying one's own passions – the things we care about and why – and then sharing them with the world.



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2. The light is always within us.

We all have values and passions, and those passions are the fundamental tool to harness in leadership. This means that even in our darkest, most insecure, and fearful moments, we still have everything we need to be leaders. It also means that everyone has the fundamental ability to lead others – we all get to choose when to shine our lights.

3. We only have to see what is right in front of us.

The idea that we can control the world around us – with our words, plans, goals, or actions – is self-centered and archaic. A leader realizes the role of uncertainty, fortune, luck, risk, and synchronicity. Leaders don't need to know all the answers, and seldom do. Rather, leaders spend time practicing and learning to navigate the unknown, step by step, moment by moment in alignment with one's beliefs, values and purpose. With practice, leaders get to realize they can trust they have what they need in the moment to “show up to what shows up.”



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4. There is a larger light that is guiding us.

Leaders know that there's a bigger plan. Some call it Fate; others God; others the Universe; other's the Divine. Whatever one's name for it, a leader realizes there are other forces at work. Those forces sometimes communicate to us via insight, innovative, and intuition. Leaders polish their intellectual skills, but they are just as willing to follow their instincts, feelings, and heart.

The Lantern Model

A proven leadership methodology.
A better way of being.

Lantern is rooted in our belief that we are entering a new era of authenticity rather than authority. In order to thrive in our new paradigm, we must align to our unique blueprints and share our truths.

Using this philosophy, we've built a seven-part leadership model to help individuals and organizations and we've used it with hundreds of executives, idealists, men and women and change-makers, like you.



Everything starts and ends with **passion**, which impacts all the components. We must align our lives with our deepest passions, and then bring them into form through our actions. Passion infuses and radiates out into everything we do.



Purpose outlines our core reason for being. Why we do what we do? What is our mission?



Possibility is our vision for change – the better world we are trying to build. It is the highest outcome of what we can achieve.



Positioning describes how we articulate our unique. What makes me special? What are my unique strengths and skills?



Presence describes our how we want people to feel and think when they interact with us. What is the impression I want to leave? What is my personal brand?



People are the core ingredient to everything every organization does. We are the sum of the people we hang out and work with. Who expands me? Who contracts me?



Practice represents how we ground our passion, purpose, and possibility through action, behavior and discipline. What tools and daily positive habits do I need practice in order to be my best self?



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Agenda

Monday, October 2, 2017

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| 6:00pm | Welcome, Meet & Greet, and the Lantern Model (Wine & Cheese) |
| 8:00pm | Adjourn |

Tuesday, October 3, 2017

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| 7:00am | Sunrise Activity: choice of yoga, hike, run or walk |
| 9:00am | Open HeartSpace, Intentions & Commitments |
| | Passion & Outdoor Experiential |
| 12:00pm | Lunch |
| | Purpose & Possibility |
| 4:00pm | Adjourn for Break (Wine & Cheese) |
| 6:30pm | Dinner at HeartSpace |
| 8:30pm | Open Time |

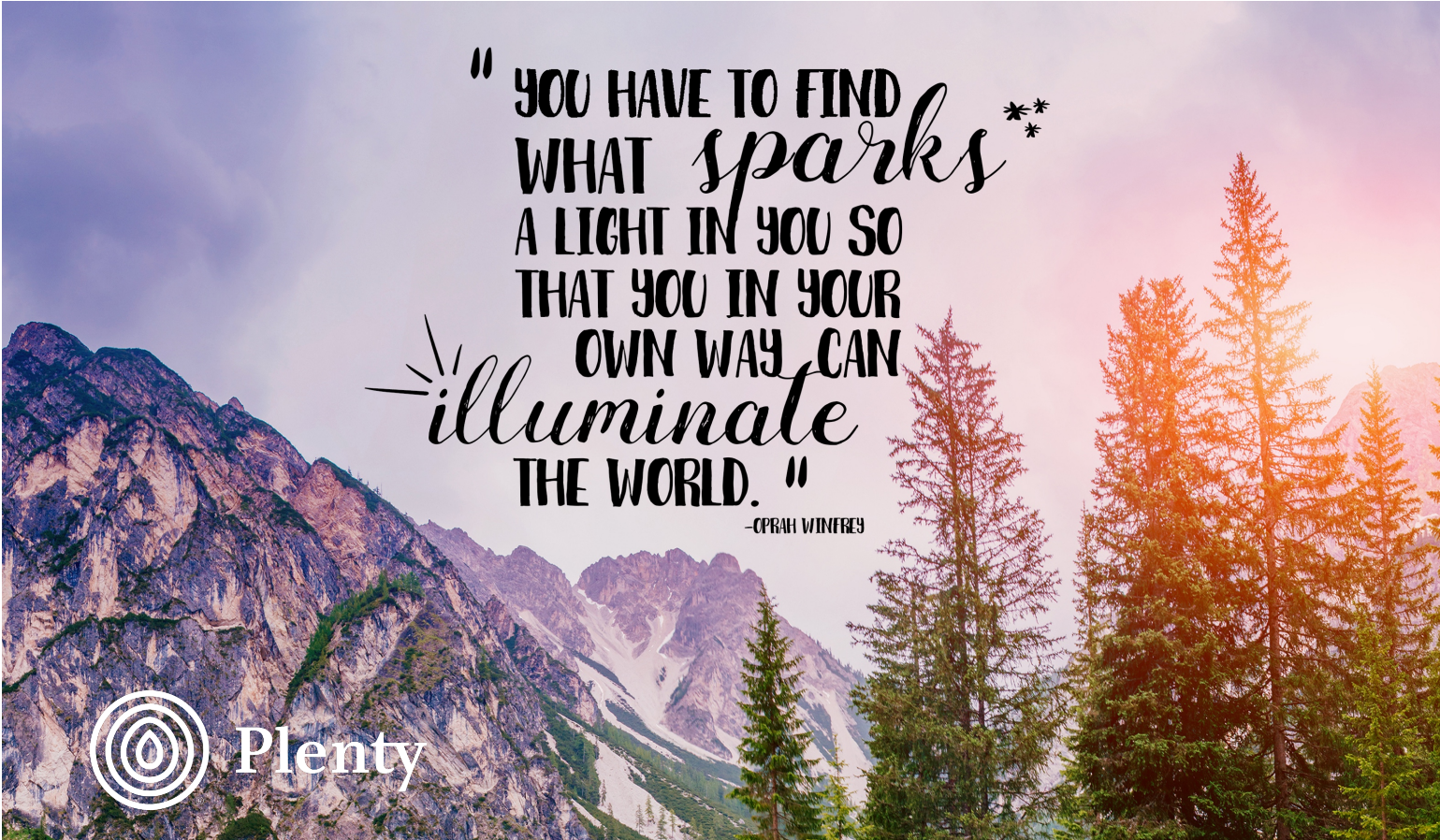
Agenda (continued)

Wednesday, October 4, 2017

- 7:00am Sunrise Activity: choice of yoga, hike or meditation
- 9:00am Leadership Assessment & Outdoor Experiential
- 12:00pm Lunch
 - Refection on Leadership Assessment
 - Presence
- 4:30pm Open Time (Wine & Cheese)
- 7:00pm Optional: Candlelight Coaching with Jen and Jeff

Thursday, October 5, 2017

- 9:00am Positioning & People
- 12:30pm Practice & Working Lunch at HeartSpace
 - Closing Ceremony
- 2:00pm Adjourn



" YOU HAVE TO FIND
WHAT *sparks*
A LIGHT IN YOU SO
THAT YOU IN YOUR
OWN WAY CAN
illuminate
THE WORLD. "

—OPRAH WINFREY



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Your Guides

Jennifer Mulholland and **Jeff Shuck** are co-leaders of Plenty. For nearly twenty years they've been on a united path to make a transformative positive difference on the planet. As entrepreneurs and visionaries, they both started their careers in the nonprofit space, Jennifer bringing the sport of women's lacrosse to Utah with an emphasis on teaching leadership and teamwork, and Jeff working to teach values and leadership to college students.

They first worked together in the late 1990's at Campus Pipeline with a mission to revolutionizing higher education by unifying the digital campus. Through several acquisitions, Jennifer grew and led professional services including the solution and enterprise architects and became the Chief Innovation Officer at SunGard, a Fortune 500 company. She then founded Executive Awakenings and Healthy Happy Human Beings, focused on building digital and in-person communities dedicated to activating human potential and whole-person wellbeing. Jeff started Event 360, a firm that raised nearly a billion dollars creating and producing large-scale fundraising events for charity.

All the while, the two stayed in touch before reconnecting several years ago to create Plenty, a consultancy focused on connecting, supporting, and inspiring a global community of idealists to create massive positive growth.

Jennifer graduated from the University of Utah with a degree in Exercise and Sports Science, Psychology and Coaching and holds certifications in multiple disciplines and practices related to spirituality, healing and wellbeing; she brought the sport of women's lacrosse to Utah and played D1 Lacrosse and Field Hockey for the University of Delaware. Jeff graduated from the University of Rochester and holds an MBA from Kellogg School of Management and has extensively studied Predictive Analytics at Northwestern. He is an accomplished musician and songwriter.

At Plenty, Jennifer and Jeff practice a model of co-leadership, jointly leading the firm and directing strategy, insight, innovation, and culture. They travel extensively and also enjoy bringing individuals and organizations to HeartSpace, Plenty's retreat center in Park City, Utah.

YourSpace. HeartSpace.

We've built HeartSpace with love, and you will see it in everything we do. From the moment you arrive, you will feel safe to share your wildest dreams, supported to make them real, and inspired to harness the courage it takes to bring them to life. From the majestic mountain landscape, to the cozy couches, to the team who knows you by name, we've designed HeartSpace to help you unplug from day-to-day stress and connect with who you are and who you want to be.

Located just 30 minutes from the Salt Lake International Airport, HeartSpace is nestled in Park City, Utah, rated the best town in America by Forbes and Outside Magazine.

At 7,000 feet in elevation, Park City has one of the largest areas of ski terrain in the world is a gold rated mountain biking destination with hundreds of trails to ride, run and hike.

If Park City were its own country, it would have placed in the Top 10 on the medals list at the last winter Olympic Games in Sochi. Of the 28 U.S. medals earned in Sochi, 14 came from the Park City.





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Lantern is a unique leadership experience designed for idealists who want to transform themselves and the world around them.

Like you.

Join us October 2 – 5 at
HeartSpace, Park City, UT

Register today at
www.plentyconsulting.com/lantern



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