

# The River Listens

## A Workshop to Deepen the Practice of Reflective Leadership

**Where:** Oak Creek Cabins at Orchard Canyon | Sedona, Arizona

**When:** Monday, March 24 through Thursday, March 27, 2025

Five nights and four full days | Arrival: Sunday, March 23 | Departure: March 28

**Workshop Leaders:** Dan Oestreich and Moreen Branham

**Enrollment:** Limited to eight participants

**Who Should Attend?** Leaders looking for positive, uplifting answers to tough inner challenges in their work or their life.

*Business executives | Managers | Experienced change agents | Artists | Other professionals*

The goal of all of this work is to find new meaning, joy, hope and courage from within, directly addressing the underlying darkness of the times or oneself. Each participant has the opportunity to use transformative leadership questions as a tool to find their true presence, purpose and identity. Participants bring inquiries such as:

- Should I stay or should I leave?
- Why has my work lost its value for me and what do I want to do about it?
- I'm experiencing strong emotions and feel overwhelmed. How do I manage?
- Am I settling for work or life conditions that don't serve me or my fulfillment?
- How do I address a sense of powerlessness to make meaningful systemic change?
- How do I sustain myself during a time of personal loss, emptiness or pain?
- How do I address my sense of being stuck, isolated or disconnected?
- I experience an indistinct malaise, anxiety and ambiguity. What do I do about that?
- How do I become more grounded? Courageous? More authentic with myself and others?
- How do I deal with the political realities of my organizational life?



Questions like these hold journeys for us – or hold them up -- calling us to become the people and leaders we are meant to be. They can't be answered with a one-size-fits-all formula. Instead, they cause us to turn inward to meaningful introspection to find new, enriching creative directions and reclaim our true sense of personal agency.

If you are ready to do the work, *The River Listens* is waiting for you.

## What is Reflective Leadership?

In a time of unremitting social, organizational and technological change, without the promise of long-term opportunity or security, we are thrown back ever more decisively on our own resources. We must learn to guide ourselves in hopeful new ways that blend self-love and self-understanding with facts, data, practical choices and realities. Our leadership depends on a deliberate, conscious evolution of ourselves in the name of a remarkable collective future.

In his book, *Wiser: The Scientific Roots of Wisdom, Compassion and What Makes Us Good*, neuroscientist Dilip Jeste distinguishes *self-reflection* from *self-awareness*, calling out self-reflection as seeming to be “a uniquely human trait.” Other animal species may recognize their individuality and in that sense be self-aware, but only humans appear to introspect, meaning we are able to examine “our own mental and emotional processes to better understand their fundamental nature, purpose and essence...a profoundly important and obvious element of wisdom.”

To change, to improve, to evolve in personal leadership, we must reach into the sometimes unconscious, sometimes uncomfortable but liberating territory of our inside, taken-for-granted worlds. It's the only way to gain the insights we need and to embrace more congruent ways of being. This, then, is the process of *reflective* leadership, our primal drive to enrich our self-knowledge to be both effective *and* fulfilled. All the external learning in the world is no substitute for the answers we find on our own to the humbling perennial questions we ask ourselves: Who am I called to be? How do I get there? What must I do now?

## Our Approach



The design and content of the workshop are based on Dan Oestreich's book, *The River Listens: A Guide for Reflective Leaders*, which participants will receive as part of the event. Workshop leaders bring a series of open-ended exercises and conversations that enable participants to address what is personally most meaningful and important to them as leaders. There are no predetermined lessons or insights. Along the way, participants *are* encouraged to deeply inquire into their background conditioning as leaders and to assess the preferred arc of their personal growth and development over time. The ultimate outcomes are shaped by the specific nature of the challenges participants share as leaders and by the rich community of interests that emerges in the group. The workshop is not a performance test or encounter group. The level of personal disclosure tends to be high, but up to each participant and always voluntary.

As a natural part of the process, participants will learn how to better initiate and foster deeper structured conversations with others as part of their ongoing personal leadership work.



Oak Creek Cabins at Orchard Canyon provides a nurturing setting for personal inquiry and reflection. Situated a few miles from Sedona proper, the setting is one of quiet, natural beauty, a sanctuary surrounded by canyon walls. The resort includes gardens, an orchard and grounds near Oak Creek. Each participant will have a comfortable cabin to themselves. The resort includes a restaurant and a larger house where we will conduct much of the event. During the four days, all meals will be provided. The resort is known for its simple but refined cuisine. Please visit the resort website for more details and information:

<https://www.enjoyorchardcanyon.com>

## Workshop Details and Registration

- The workshop is \$5,575 with \$2,800 due upon registration. The balance is due by February 10.
- **Included:** Five nights accommodations | Welcome reception on Sunday evening | All meals for four days, plus dinner on Sunday evening and breakfast on Friday morning.
- Airfare and transfers to Sedona are the participant's responsibility.
- Participants arrive by Sunday evening, March 23, 2025, and attend the workshop through the evening of March 27, leaving on Friday morning, March 28.
- There is some pre-work before the event. This involves speaking with one of the leaders in advance to identify issues the participant would personally like to address. Participants are also asked to read a brief portion of *The River Listens* before the start of the workshop.

## For More Information and to Register

We invite you to directly contact either one of the workshop leaders. We are happy to discuss the workshop in more detail and whether it is a good fit for you.

Dan Oestreich  
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(425) 922-2859

Moreen Branham  
[moreenbranham@gmail.com](mailto:moreenbranham@gmail.com)  
(206) 954-6276

## Workshop Leaders

Dan and Moreen bring decades of coaching experience to this workshop and hold a deep commitment to guiding each participant in developing their unique leadership trajectory.

*Dan Oestreich* is the principal of Oestreich Associates, a national leadership coaching and consulting practice located in the Seattle area. For the last 30 years, he has worked creatively with leaders to help them hear feedback that will improve trust levels, and systems performance and facilitate the work of building strong workplace communities. He is known as an effective, articulate coach, able to sensitively help clients find their own best path of change and personal growth. He is the author of two well-known books on speaking up at work, *Driving Fear Out of the Workplace* and *The Courageous Messenger*. For ten years he led, *Beyond the Edge*, a personal and professional leadership growth workshop in Jackson, Wyoming. Dan's clients include healthcare systems, universities, services, governments, manufacturers and non-profit agencies. Website: <https://danieloestreich.com>



*Dan received his Bachelor of Arts from Yale University and a Master of Arts in Guidance and Counseling from the University of Colorado at Boulder.*

*Moreen Branham* brings more than 30 years of experience developing leaders at all levels, most recently as Director of Clinical Operations and Vice President and Chief People Officer for Seattle Cancer Care Alliance (SCCA). Compassion, courage, and authenticity are cornerstones of her work. Her experience as a licensed social worker and at SCCA equipped Moreen with a deep understanding of what it takes to support others through difficult transitions, whether it's supporting patients and families through trauma, loss and grief, or guiding leaders in learning to trust themselves and grow through difficult times. Moreen now makes her home in Sedona, Arizona, and continues to consult on leadership development.



*Moreen received a Bachelor of Science in Psychology, a Master of Social Work, and an Executive Master of Business Administration from the University of Washington.*

*all  
our walls shake if we  
listen  
if we stop even  
to rest a hand on them*

--W.S. Merwin