

Perspectives That Change Everything

An Executive Development Program

with Dr. Peter Widmer, PhD

Author of *Mindful Self-Development* · Zen Teacher · Leadership Development Consultant

Understanding Yourself Changes the Way You Lead

How we see the world determines how we think, relate, communicate, lead, and make decisions. Many personal and organisational challenges arise not from a lack of intelligence or expertise, but from the limitations of the perspectives through which we interpret reality.

Perspectives That Change Everything is a research-based Executive Development Program that combines developmental assessment, individual coaching, and an intensive one-day seminar into one coherent learning journey.

Rather than simply teaching new leadership techniques, the program helps participants expand their capacity to understand complexity, integrate multiple perspectives, and lead with greater awareness, wisdom, and effectiveness.

The Executive Development Journey

The program consists of three integrated steps.

Step 1 – Executive Development Profile

Before the seminar, participants complete the **Sentence Completion Test integral (SCTi)**.

The assessment includes:

- Sentence Completion Test integral (SCTi)
- Professional qualitative evaluation by a certified SCTi evaluator
- Individual Development Profile describing developmental strengths, growth opportunities, and patterns of meaning-making

The written profile provides the foundation for the learning journey.

Step 2 – One-Day Executive Seminar

The seminar introduces the principles of adult development, constructive-developmental psychology, and integral leadership in an engaging and experiential way.

Participants explore

- the major stages of adult development based on the work of Jane Loevinger and Susanne Cook-Greuter

- how developmental stages influence perception, communication, leadership, and decision-making
- why expanding perspective is one of the most powerful catalysts for personal and professional growth
- how mindfulness and embodied awareness support developmental transformation
- practical applications for leadership, coaching, organisational development, and everyday life

Through presentations, dialogue, reflective exercises, mindfulness practice, and experiential learning, participants discover how developmental psychology can become a practical resource for leading themselves and others.

Step 3 – Executive Integration Session

Following the seminar, each participant receives a **90-minute individual Executive Integration Session**.

This confidential coaching conversation explores the participant's developmental profile in depth and integrates the insights gained during the seminar with their personal and professional challenges.

Together we identify practical developmental directions that can immediately be applied in leadership, communication, and everyday life.

This final step transforms knowledge into an individual developmental pathway.

Perspectives That Change Everything

One of the central themes of the program is learning to move consciously between different perspectives.

Participants explore the movement

- from the **first-person perspective** — experiencing the world from within
- to the **second-person perspective** — understanding another person's inner world with empathy
- to the **third-person perspective** — observing oneself more objectively
- to the **fourth-person perspective** — recognising the larger systems in which we live and work
- to the **fifth-person perspective** — understanding the interaction of multiple interconnected systems
- and towards an increasingly **aperspectival awareness** capable of embracing complexity without becoming overwhelmed.

Developing the capacity to move flexibly between these perspectives opens new possibilities for leadership, collaboration, creativity, conflict resolution, and personal growth.

Scientific Foundation

The program is grounded in contemporary research in **constructive-developmental psychology** and **adult development**.

It draws on the pioneering work of **Jane Loevinger**, **Robert Kegan (Harvard University)**, **Susanne Cook-Greuter**, and **Bill Torbert**, whose research has fundamentally expanded our understanding of adult development and leadership.

The developmental assessment is based on the **Sentence Completion Test integral (SCTi)**, developed by **Susanne Cook-Greuter** as an extension of Jane Loevinger's sentence completion methodology.

Rather than measuring personality traits or competencies, the SCTi explores how individuals construct meaning and respond to increasing complexity—capacities increasingly recognised as essential for effective leadership.

Who Is This Program For?

This program is designed for

- executives and senior leaders
- entrepreneurs and founders
- leadership teams
- consultants and executive coaches
- psychologists and educators
- professionals working with people
- anyone committed to lifelong personal and leadership development

No previous knowledge of developmental psychology is required.

About Dr. Peter Widmer

Dr. Peter Widmer (Dr. phil.) is a philosopher, Zen teacher, leadership development consultant, and author of *Mindful Self-Development*.

For more than thirty years, he has accompanied leaders, professionals, and organisations in processes of personal and professional transformation.

His distinctive approach integrates contemporary developmental psychology, contemplative practice, embodied awareness, and decades of Zen training. Rather than treating leadership as a collection of techniques, he understands it as an ongoing developmental process involving the whole person.

His work bridges developmental psychology, mindfulness, embodiment, and contemplative wisdom, helping leaders cultivate the inner capacities needed to navigate an increasingly complex world.

Investment

Executive Development Program

CHF 1,890

The program includes

- Sentence Completion Test integral (SCTi)
- Professional evaluation
- Individual Development Profile
- One-day Executive Seminar
- 90-minute Executive Integration Session