

NOBANTU

heidi nobantu saul



Trauma Informed Leadership / 2021

[The Pocket Project](#) (4 months with 8/ 2hr Modules + 3/ 90 min Integration Sessions)

[SEEDS Community Resolution Center](#)

40hr Mediation Certification (Berkeley CA)

Professional and Life Skills Development

Training and courses that have developed my professional capacity and skill and also inform my life and work overall...

[Diversity Training with Lee Mun Wah](#)

[StirFry Seminars](#) (Berkeley CA)

The Art of Mindful Facilitation (Level 1/3 days)

Walking Each Other Home - A National Conversation on Race (1 day)

I Know Me - Personal & Leadership Development Tool (25 hrs)

Assessment tool developed by Myrna Lewis, designed to support self-awareness and growth by revealing an individual's (often unrecognized) deeply held values/beliefs and the repetitive/self-reinforcing behavioral patterns that hold them in place. Reveals both unique strengths and patterns that limit and hold an individual in place, preventing them from reaching their full potential.

[Deep Democracy - The Lewis Method](#) Inside the NO - Five Steps to Decisions That Last

(4 Levels of Courses/105hrs in Boston/London, UK) A methodology that helps individuals, relationships and/or groups address issues, make decisions and resolve conflict. Developed in South Africa specifically to help organizations build a new paradigm of shared leadership and racial equity as apartheid was dissolving, DD recognizes and includes the wisdom inherent in minority views to build and implement a shared vision.

Learn more in Myrna Lewis's book: Inside the NO - Five Steps to Decisions That Last

[The Shambhala Institute for Authentic Leadership](#)

(8 day program in Halifax, Nova Scotia) Learning new ways of leading change and creating a culture of authenticity and engagement.

The Art of Hosting and Convening Conversations

(30 hrs) Working with groups in interactive, engaging and effective ways; nurturing collective intelligence, shared learning and effective action. This work includes the application of: The World Café, Open Space Technology and Circular Discourse

Open Space Technology Learning Workshop with [Lisa Heft](#) (3 days)

An effective and expeditious way to format a group meeting, retreat, conference or project process that generates communication, collaboration, innovation and other solutions to challenges and transitions.





Seven Directions Practice® now called Living Practice

Certified Trainer, Facilitator and Coach

(1500 hrs. over 8 Intensive Retreats and 1 on 1 Practice) An integrative method and earth based practice for development of the capacity to promote effective discourse, decision making, conflict resolution and skill for collaborative sustainable relationships in the workplace, community, and personal life.



Arizona School of Integrative Studies

CMT - Certified Massage Therapist

(750 hrs. full time for six months)

A Wholeistic Massage & Hydrotherapy Program

Fundraising From the Heart Lynn Twist

Transforming your relationship with money and life

Academy for the Love of Learning - Leading by Being®

(750 hr over 9 group sessions/1.5yrs) Taking an integral and experiential approach to learning, the program invites participants into a personal and shared exploration of the fundamental questions: *Who Am I? Who Are You? and Who Are We?* These timeless questions, we believe, must be addressed if we are to experience our full humanity, and take personal leadership as citizens – becoming the change we want to see in the world, in whatever our fields of endeavor.



Transpersonal Somatic Therapy – Taught and facilitated by Paul Lynn

An Ethical Approach to the Therapeutic Process (52 hrs./three weekend courses)

Body-centered personal and group process, transpersonal therapeutic tools that open essential states of being, developing ability and skills to deepen presence and compassion when working with clients.



Up With People - Toured as a Cast Member, Public Relations Staff and Tour Scheduler with this International Educational Program from 7/76–6/78 and 5/83–5/84. Visited 106 cities in 7 countries including: Canada, Poland, Switzerland, Germany and Belgium

MAM University of Phoenix Tucson, AZ – 1990

Master of Arts in Management, Human Relations, and Organizational Behavior

BA Western State College Gunnison, Colo. – 1982

Administrative Recreation/Business Administration Summa Cum Laude

For details on my work history, you can go to my [LinkedIn Profile](#)

