

Choice over defense.

The most effective leaders are the least defended.

The Community of Practice is a twelve-month training space for senior leaders. One live 90-minute practice call a month, plus two private coaching sessions with Gabriel Wilson. Each call opens with a short teaching and moves quickly into practice: real situations, live feedback, inner work done with peers. It fits around a full workload and builds skill through repetition, not content.

What makes it worth it

- **Hard conversations stop getting deferred.** Leaders learn to stay present while the intensity is still there, so feedback, conflict, and decisions happen sooner and land cleaner.
- **Less reactivity, more choice.** Habitual patterns of disconnection cost teams time and trust. Members learn to notice them in real time and choose differently.
- **Skill that holds up in the room.** Practiced live, with peers, on real situations, then reinforced every month. It compounds over a year instead of fading after a workshop.
- **A peer bench of senior leaders.** Members bring live challenges and get worked perspective from people carrying comparable weight. That network is part of the return.

The essentials

Format	Live and online. One 90-minute call a month, plus two one-on-one executive coaching sessions to use at any point over the twelve months.
Eligibility and pricing	\$1,000 for the year , including both coaching sessions. Typically expensed as professional development. Open to current and former clients, by application. Cycles begin each January.

Who leads it

Gabriel Wilson, executive coach, team development facilitator, and Zen monk. Co-author of *Compassionate Conversations* and *Waking Up and Growing Up*. Works with leadership teams at lululemon, Google, Airbnb, and Patagonia.

“He created conditions that opened up experimentation and authenticity, and held the space masterfully through tricky tension.”

Tracy Hutton, SVP of Talent, lululemon athletica

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