

## Capstone Project

The Capstone Project is an opportunity for CLA participants to reflect on what they are learning in the program and to apply it to their lives in concrete ways. This project can be done solely or with one or more members of your cohort.

### Objectives

1. It serves as a learning experience in which you will become more aware of your gifts and leadership style.
2. It makes a significant and sustainable contribution to the community
3. It deepens your understanding and lived experience of how one individual (you) can make a difference.
4. It gives you an opportunity to reflect on your own values. This will help clarify the role you wish to play in your profession and community beyond CLA.

### Guidelines

Each participant shall prepare a one summary of their project including:

1. Your name and occupation
2. Project title
3. Project overview (one paragraph)
4. Clear and succinct rationale for choosing the project (one sentence)
5. Specific project details (list up to five)
6. Anticipated benefits (list up to three)
7. Anticipated challenges (list up to three)

### Guidance

CLA's regional director, and certain advisory committee members, mentors, spiritual directors and alums will be available to provide guidance and support in deciding on, framing and executing your project.

### Time Commitment

Some work outside of CLA monthly meetings will be necessary for your projects; however, it is up to you to decide how much time you are able to invest and then to design the scope of your particular project accordingly.

### Timeline

By October 1, project selected and above information provided to regional director and other members of cohort.

At October meeting, half of cohort will provide 5 minute introduction to their project:

- What is the focus of your project and how does it further your role as a contemplative leader in action?
- What is the expected scope of the project? Specifically, what action(s) or outcome(s) do you hope to achieve by the following April.
- Collaboration: identify other people or organizations involved in your project that you either have or will need to contact or involve.
- What do you hope to learn from the project?
- What do you hope to give to the community through this project
- What from your faith (Catholic Social teaching, scripture, Ignatian spirituality) provides a foundation or inspiration orienting you towards this project? What calls you to this particular action?

At November meeting, second half of group will provide similar 5 minute introduction to their projects.

Between October meeting and January meeting, CLA regional director will send out a monthly “ping” email with 2-3 rhetorical, thought provoking, nudging/motivating questions for participants to consider.

January – Interim reports given at all day session (while year one does enneagram). Each person provides a 10-15 minute report, followed by 10-15 minutes of peer counseling (guidelines to be distributed ahead of time) on:

1. Key goals and associated progress
2. What you have been learning:
  - About yourself
  - About leadership in general and particularly about your leadership style
  - About discernment
  - About group dynamics
  - About what you hope to accomplish
3. Theological reflection

May – final reports

## Suggestions

1. Start, or become involved with, a pro-bono or social justice project at work.
2. Identify an issue at work that you would like to see addressed, gather information about the issue and possible ways to address it, then take concrete steps to do so.
3. Select an issue related to social justice that you've always wanted to learn more about. Spend some time researching it; then decide on concrete action – either advocacy or service.
4. Use skills such as accounting, legal, development, management by joining the board or advisory committee of a Jesuit or other non-profit
5. Become a mentor; start a mentoring program (For example, recent college grads who attended Nativity Prep have been identified as in need of mentoring)
6. Become involved in your parish by starting or leading a program you feel is needed or taking a leadership position by joining the parish council.
7. Contribute to the growth of Contemplative Leaders in Action through: development of the alumni program, development of social media, or creating a plan to aid in the financial sustainability of the program.