



LUMIN/US
LEADERSHIP

Leading Through Chaos (LTC): A Leadership Learning + Action Community for Women Executives

Why Now:

These are, dare we say it again, unprecedented times for leaders. You are being asked to respond thoughtfully and with a long-term view. All while the environment keeps telling you to react to “fix” problem after urgent problem. Your teams and your organizations are struggling under the weight of the work and the now familiar fear of significant loss to self or to those you care about.

As women, you are likely also shouldering the weight of our season as the “sandwich generation.” You don’t feel like you have time to prioritize your own development, even your own self-care. You know you need to, with the long view in mind. You often hear “*You are not in this alone!*” but it sure can feel like you are.

Program Overview:

The objective for LTC is to build a courageous community of leaders to support one another, challenge our limiting beliefs and make new leadership moves. You will see new opportunities and have additional tools to act on them. You will emerge each week a little lighter and a whole lot more prepared for this new state of play.

Weekly one-hour sessions prioritize the priorities and interests of participants. Membership includes a Leadership Circle Profile (LCP) assessment and debrief with Lumin/Us Founder and Leadership Coach Mikaela Seligman and quarterly check-ins with Mikaela to assure you are making progress on what matters most to you and your leadership at this moment.

We will begin with an in-person afternoon/evening event and continue with weekly one-hour sessions over 6 months. The group will be limited to ten people.

A signature feature is the “case consultancy” method, a highly structured consultancy approach that leads to new insights and new concrete actions. Sessions and out-of-session



engagement will also offer new leadership frameworks and skills learning, highly interactive exercises, mindfulness and somatic practices, small group learning and facilitated group discussions.

Who should register:

Women leaders who seek impact without burnout. You seek fresh approaches, skills and partners to make progress on your essential mission in the face of unrelenting change and moment-by-moment impacts on yours and your teams' mental health and capacity.

Participants should be willing to join weekly to be coached and challenged, share vulnerably and hold complete confidentiality.

Learning Outcomes:

Participants will:

1. Learn the leadership skills, somatic awareness and mindful practices to maintain focus and make progress in chaos
2. Develop and track a personalized leadership development plan for 2025
3. Give and receive valuable consulting support from leaders through a road-tested leadership case consultancy method
4. Identify adaptive strategies to lead teams to sustain impact without burnout
5. Become members of a community that gives back to you during and post-cohort

Dates: August 2025 – January 2026

Program Cost:

\$8,200 (includes opening dinner session, weekly one-hour group meet-ups, quarterly 1:1 coaching with Mikaela, ongoing communication with group and Mikaela, a resource library and materials.)

Faculty:

Mikaela Seligman, MPA and certified leadership coach is lead faculty. Mikaela is on this planet to be a guide, coach, teacher and partner to fierce and compassionate people, groups and organizations who have chosen to advance missions that matter and seek skills and practices to do so.

Mikaela helps clients go where it can be hard to go alone, illuminating the path from awareness to diagnosis to action – first seeing the intractable challenges in new and productive ways, and then mobilizing peers as partners with new tools to collectively address identified challenges.



For 30+ years, Mikaela's has founded, led in and consulted to mission-based organizations - small local nonprofits, public schools, large national affiliate organizations, executive government, philanthropy and organized labor. In 2023, she founded **Lumin/Us Leadership**, an integrated coaching and consulting practice guiding mission-driven leaders and teams in wholehearted and adaptive growth and transformation. Over her career, her leadership roles have included elementary school classroom teacher and school founder; executive director and c-suite team member; school board and national advisory group member.

Mikaela has a BA in Journalism and French from Boston University with an MPA from Harvard University's Kennedy School where she focused on adaptive leadership and adult development. In addition, she received her leadership coaching certification from Georgetown University, and has completed training with The Strozzi Institute, The Embody Lab, Interaction Institute for Social Change, People's Institute for Survival and Beyond, Race Matters, The Racial Equity Institute, and Rockwood Leadership Institute. She is always learning and integrating new approaches in her practice and life, as she encourages her clients to do.

More [here](#) about Mikaela on Linked In or [here](#) on the Lumin/Us Leadership website.

If you are interested in learning more:

Please contact Mikaela at mikaela@luminusleadership.com.

