

## Phoenix program content

March 14-18th, 2016

Reñaca Beach, Viña Del Mar, Chile

The content of Phoenix has been developed from the learnings and experiences gathered in our previous activities and interactions with diverse kinds of people, from 19 to 58 years old and from different backgrounds such as acting, construction workers, recent graduates, and PhDs.

Below you can find more details on each of the topics and themes which have been developed based on our studies of the mentioned psychologists, philosophers, and business people.

The contents of the program will be covered in a series of talks, discussions, presentations, and workshops.

**STEP**  
**1**

Understand yourself and  
the world around you

**STEP**  
**2**

Tools and philosophies to  
adapt and thrive in a  
fast-changing world

**STEP**  
**3**

Be reborn and start playing  
again by applying new  
learnings to your life.

## STEP 1 - Understand yourself and the world around you.

### **Self Reliance: Avoid conformity, follow your instincts and ideas**

**1.** The "Self-Reliance" essay written by American transcendentalist philosopher **Ralph Waldo Emerson** in 1841 is at the core of Exosphere's philosophy and a critical part of each of our programs, no matter if it is about self-development, entrepreneurship, science, sales, etc. Nothing can help you live a more meaningful life than the awareness that your success is predicated on your willingness to own your life and decisions.

*Read the essay!*

### **Personality Type Theory: A framework to understand interpersonal interactions**

**2.** A framework to discover how people perceive and interact with the world in order to improve your personal and business relationships. Based on the work of psychologists like **Carl Jung and David Keirsey on Myers-Briggs**, and enhanced by our own experience we help you understand better why you do what you do and how to maximize your understanding of others.

*Find out your type (don't worry it will probably be inaccurate!)*

### **Cognitive Bias: Learn the tricks your mind plays on you**

**3.** **Daniel Kahneman's** research and his book *Thinking, Fast and Slow* revolutionized the understanding of how our brain behaves and how we have much less control of it than we actually believe. Being able to see these biases and open your eyes to the inaccurate perceptions that mold your decision making processes will help your ability to see new and better opportunities for yourself.

## STEP 2 - Tools and philosophies to adapt and thrive in a fast-changing world.

### **Breaking Smart : Adapt intelligently to new technological possibilities.**

- 4.** In his *Breaking Smart* series of essays, Exosphere's mentor and advisor **Venkatesh Rao** analyses the emerging digital economy, resulting patterns of societal transformation, and technological serendipity. Endorsed by his years in the tech industry and experience as an advisor for *Andreessen Horowitz* he deconstructs reality and the ever-changing world we live in like no one else.

### **Discipline Toolkit: Create habits to solve problems better.**

- 5.** "Life is difficult." these are the introductory words of psychologist **M. Scott Peck's** book *The Road Less Travelled*. The main premise is that most of our unhappiness in life is the result of avoiding the legitimate suffering or pain (sustained effort, discipline, self denial) required to face and solve life's problems. As an alternative he postulates that solving one's problems requires discipline and that four tools of discipline are essential. This is the Discipline Toolkit.

### **Emerging Trends: Approach and leverage new technologies.**

- 6.** There are few people or organizations doing what Exosphere does. Our experience organizing new trends and technology programs and events (which include the *first immersive workshop of Artificial Intelligence in Latin America* and the *World's First Space Elevator Bootcamp*) show that it is possible to bring people together to give deeper meaning to tools and trends, without forgetting the human side.

## STEP 3 - Be reborn and start playing again by applying new learnings to your life

### **Antifragility: Use chaos to your advantage.**

- 7.** What is the opposite of fragile? Whenever there is chaos and disorder most people try to survive. Becoming antifragile means being prepared to adapt to thrive in these situations and gain much more than there is to lose. A term coined by **Nassim Taleb** in his *[book of the same name](#)*, the concept of antifragility has proven to be applicable in any field of our lives.

### **Psychology of Distraction: Teach your mind to automate learning processes.**

- 8.** When you get distracted. When you lose momentum. What is the real cause behind it? When you feel like something will distract you, it's because of one thing: You don't have systems and rituals in place. Develop your own functional systems so that you know what your are doing, are clear about it and keep yourself on track.

### **Finite and Infinite Games: Hack the game of life.**

- 9.** **James Carse** draws a distinction between "games" that are meant to be won and "games" that you want to keep playing. Applying this lens to the way one chooses to live life, shows us that finite games may offer wealth and status, power and glory. But infinite games offer something far more subtle but much grander.

*[Find the book here.](#)*

## MENTORS - The people that will inspire you and guide you in your journey



**SKINNER LAYNE**

Skinner founded Exosphere to help people find better ways to live their lives. Since then, the institution built on asking questions, has taught more than a thousand people from 45 countries practical tools and philosophies to rediscover their purpose.

As a speaker Skinner has the ability to awe audiences and inspire them to action and change. An eager reader and writer some of his favourite topics are psychology, science and technology, personal development and growth, and philosophy.



**HODAN IBRAHIM**

Serial entrepreneur, publisher, and blogger, Hodan's specialization is bringing ideas to life and executing on them. She runs an unconventional self-development and business blog sharing her entrepreneurial journey as a colored female and provides help and insights on how to start your own business to contribute to the world and live the life you've always wanted to live. It is dedicated to inspire and help people achieve their potential and build things to impact the world.



**MONA REAUME**

Having a large extended family and an eclectic work background Mona developed an appreciation for the complexity of people, relationships, and the dynamics between individuals and groups. Her personal desire for better ways of communicating, growing, nurturing relationships and teams, made the discovery of the Foundation for Community Encouragement (FCE) and community building. Since 2005 she has been facilitating community building workshops in Canada and across the United States. She is currently Co-Chair of the FCE Council.

## Other activities in the area

The program will be delivered from **Monday to Friday from 9am to 5pm**. Participants will live in the same house so we encourage organizing different activities together for community and bonding.

Some of the different alternatives in the area are:

- Group dinners both at the house (share your national recipes with everybody) or going out to restaurants.
- Visit Concón to try their famous seafood dishes.
- Walk up the Dunes of Viña for one of the most fabulous sunsets you will ever experience.
- Visit Valparaíso and its famous coloured houses and stairs.
- Rent bicycles and ride along the beach.
- Enjoy Yoga, Salsa, or Zumba classes at local centers
- Night out for empanadas & Pisco (traditional food and drink).

**None of these are organized by Exosphere and hence not mandatory. Our staff is available to help you and guide you with information.**

[CLICK HERE TO APPLY](#)

**For further questions please contact [victoria@exosphe.re](mailto:victoria@exosphe.re) and don't forget to join our [Facebook Group: Awaken your Awe](#) and allow your curiosity lead you to new paths**