

RESILIENCE RETREAT: CULTIVATING COURAGE TO CREATE INCLUSIVE CULTURES



When we think of "resilient" people we generally think of individuals who adapt well in the face of adversity, trauma, stress and/or tragedy, Resilience is less a trait that someone possesses; it is more a capacity that each of us can build within ourselves through our thoughts, behaviors, habits and actions.

In this "Resilience Retreat," we will read Stacey Abrams' book *Lead from the Outside* to examine her personal strategies to address inter-personal challenges and social contexts that restrict our opportunities for growth. Our explorations will be further supported by a wide range of thinkers across the centuries (including ancient Stoics to 20th century feminists and postcolonial thinkers). We will craft strategies for creative engagement and personal resilience to embolden leadership, strategic patience and action to build inclusive cultures.

The GilChrist center, located on 67 acres of rolling hills, meadows and forest, is intentionally designed to foster mediation, contemplative practice, and engagement with nature. Join us!!

Wed., July 10 - Friday, July 12, 2019

GilChrist Retreat Center, Three Rivers, Michigan



FREE, but registration is required.
Contact: aretecraft1@gmail.com or go to:
<https://fetzer.org/work/calendar>
(for more info)

