

June 3, 2017
Roothbert Pendle Hill Fall Retreat Overview

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Topic Summary:

Our focus will be on how we can use our vulnerability and personal challenges to create a positive impact in our personal lives and our communities.

Topic Details:

How can we use grief, loss and fear to effect positive change? What frameworks can we use to lead with clarity and confidence? A weekend of TED talks, small group activities, personal reflection and meditation you will learn how to manage conflict and to inspire others in spite of "it." In the spirit of Albert and Toni Roothbert, we will nourish each other through fellowship, conversation and celebration. Stretch yourself, express your truth and learn new ways to make better things happen at home and at work.

* We would like a smaller room for the entire program (compared to last fall's retreat, including a space for our dinner on Friday evening)

** There will be pre-work assigned before the retreat. Participants will come with a specific dilemma/conflict/stressor to "work on" at the retreat. There will be some readings and a questionnaire for them to complete before they attend.

*** We are still vetting some TED talks that we will share with the group

FRIDAY 7:45 – 9:00 p.m.

7:45 – 8:00 Welcome/Introduction

8:00 – 8:20 View Brene Brown TED talk re: vulnerability

8:20 – 8:30 Personal Reflection/Journaling

8:30 – 8:45 Group Exercise (may split into smaller groups, depending on number of attendees)

8:45 – 9:00 Group Sharing (facilitated)

9:00 – 9:15 Meditation, Final Remarks (distribute evening readings for personal enjoyment)

SATURDAY 9:00 – 12:15

9:00 – 9:30 Welcome and Group Exercise

9:30 -10:00 Introduction of leadership styles based on different issues/concerns (Zobius Leadership models)

10:00 – 10:20 TED talk re: inspiring leadership

10:20 – 10:40 Yoga, Food Break

10:40 – 11:15 Discussion about TED talk they viewed; Introduction to Self Awareness issues and triggers

11:15 – 11:30 Guided meditation

11:30 – Noon Group Activity

Noon – 12:15 Wrap Up and Afternoon Homework Challenge (Haiku with a Visual or Performance to Share)

*Optional Yoga at 5:45 p.m.

SATURDAY 7:30 – 9:00 p.m.

7:30 – 8:45 Sharing of Homework Assignment

8:45 – 9:05 TED talk re: conflict management

9:05 – 9:15 Guided meditation (distribute evening readings for personal enjoyment)

SUNDAY 10:00 – 11:00

Optional Quaker Meeting Worship

Bridging Ceremony/Celebration (distribute readings for personal enjoyment)