

*Conjuring/Creating/Being:
A Courage and Renewal Retreat for Spelman Faculty and Staff*



Spelman professors' comments about Veta Goler's retreats:

...the kind of retreat that should be scheduled at the beginning of the school year so that we establish the good habits of taking time for renewal before the year starts—and again at the end of the school year, so that we decompress and remember to be kind to ourselves.

My mantra before, during, and after the retreat is: "I can't give what I don't have." Attending the retreat allowed me to find ways to center down and find inner peace, direction, and creativity. These are now things that I can share with my students!

When I signed up for the retreat I did not know what I was looking for. I only knew I needed a 'reset' button for myself. I just trusted that in your expert hands, I would receive what I needed. My confidence was justified. Not only did I feel more connected to my own inner self but also to the hearts of the people I work with and labor with. For that I am so very glad and grateful.

Spelman faculty and staff are discovering for themselves what studies are showing: that pausing to engage in reflective practices increases our capacity for effective work in the world. Regular contemplative practices—including short retreats—improve their outlook, motivation, creativity, and productivity. As we move to the big finish of another academic year, I invite you to participate in a contemplative retreat. This retreat will enable you to explore your own authenticity and discover the practices that bring you inner peace—practices that you'll be above to return to again and again.

Conjuring/Creating/Being: A Courage and Renewal Retreat for Spelman Faculty and Staff is a daylong retreat in which you will be able to pause, turn within, reflect and rejuvenate. Through silence, poetry, music and other contemplative practices, you can reconnect with the source of your inspiration and gain strength, courage and other tools to live more contentedly despite the challenges of daily life and work.

Date, Time, Place and Cost

- 9:15 am to 4 pm, Saturday, April 26, 2014
- Spelman College Teaching Resource and Research Center (TRRC)—G16 Giles
- \$20.00 for lunch and materials

About the Facilitator

Veta Goler, PhD, Arts and Humanities Division Chair and Associate Professor of Dance at Spelman College, is a national Circle of Trust® facilitator for the Center for Courage & Renewal. She offers personal and professional development retreats and workshops based in the work of education innovator and public intellectual Parker J. Palmer.