

Time-Release Renewal: Tools to Sustain the Fire

A one-day Courage & Renewal retreat at Spelman College



photo by Germaine McAuley

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.

As we say farewell to summer and move into the new academic year, many of us feel excited about the possibilities for the semester—as well as trepidation at the toll our work may take. We wonder if we'll have the energy to sustain our enthusiasm and drive or if we'll succumb to burnout. ***Time-Release Renewal: Tools to Sustain the Fire*** is a daylong retreat that will provide you with rejuvenating practices to help you maintain your passion and drive for your work throughout the semester. Facilitator Veta Goler will help you experience the power of contemplative practices—reflection, silence, journaling, poetry, and music, for example—and teach you to use these rejuvenating tools, alone and in community, after the retreat ends.

Date, Time, Place and Cost

- 9:30 am to 4 pm, Saturday, September 6, 2014
- Spelman College Teaching Resource and Research Center (TRRC)—G16 Giles
- \$20.00 for lunch and materials

About the Facilitator

Veta Goler, PhD, Co-Director of the Teaching Resource and Research Center 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.

Registration Form

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Name: _____

Telephone: _____

office

cell

Email: _____

work

other

Brief Personal Statement

Please include a short statement about what renewal means to you or why you are interested in this retreat at this point in time.

Registration

To register, please send your registration form, personal statement and \$20.00 check made out to Veta Goler to me at Box 1499 Spelman College, 350 Spelman Lane SW, Atlanta, GA 30314. If you prefer, you can send your registration form and personal statement to me via email at vgoler@spelman.edu or bring your materials to my office in 409 Cosby.

Registration materials are due Thursday, August 28.