

*Walking with the Wind:
A Courage and Renewal Retreat for HBCU Faculty*



The important work of educating young people places intense, multi-faceted demands on college professors. These demands are magnified at HBCUs, where limited resources often require heavy teaching loads, time-consuming committee work, and little support for research and faculty development. This combination can leave HBCU faculty feeling weary and burnt out—surviving, not really thriving.

Although it may seem counter intuitive, studies show that pausing to engage in reflective practices increases our capacity for effective work in the world. More and more people are experiencing that taking time for daily contemplative practice improves their outlook, motivation, creativity, and productivity. These tools hold great promise for HBCU faculty.

Walking with the Wind: A Courage and Renewal Retreat for HBCU Faculty is a daylong retreat designed to give participants a welcome respite from the demands of academic life—an opportunity to pause, turn within, and rejuvenate. Through silence, poetry, music and other contemplative practices, participants can reconnect with the source of their inspiration and gain strength, courage and tools to live more contentedly despite the challenges of daily life and work.

Date, Place and Cost

Saturday, April 13, from 9:30 am to 4 pm

Spelman College, Teaching Research and Resource Center (Giles G16)

\$15.00 for lunch

About the Facilitator

Veta Goler, Ph.D., Arts and Humanities Division Chair and Associate Professor of Dance at Spelman, 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.