



**Braving the Wilderness:
One-Day Virtual Restorative
Retreats**

**with the SLCC Center for
Authentic Leadership and
Mindfulness (CALM)**

**April 22 or May 20, 2022
9am – 4pm**

Join the Center for Authentic
Leadership and Mindfulness

(CALM) for a one-day contemplative practice virtual retreat. This retreat is for anyone interested in slowing down, de-stressing, and doing reflective work in the comfort of your own home or chosen environment. It is based on the philosophy and work of Parker Palmer and Brené Brown's ***Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone***.

This will be a personal and interactive retreat. You will be invited to participate in mindfulness practices, gentle movement, and personal and shared explorations of our ways and hopes for “braving the wilderness” - all in a supportive and explorational environment. Ahead of time, you will receive a packet of materials including a copy of “Braving the Wilderness” as well as readings and direction on preparing your virtual retreat space where you can settle into contemplation and shared conversation with others.

There is no cost to participants and all employees are welcome. Supervisor approval is required for staff and adjunct faculty. Due to popular demand, there are 2 retreat sessions offered; please register for only one. A commitment to attend the complete retreat is strongly encouraged as it will enhance our group experience.

Previous attendees have said:

“My time in retreat deepened my desire to connect with students and colleagues in a more meaningful way.”

“Great chance to de-stress and reminded me to bring my best self to the work I do at the College.”

Please register via the SLCC employee registration on your MySLCC page, under People and Workplace Culture. Space is limited.

For more about CALM, visit <http://faculty.slcc.edu/faculty-development/touchstone.aspx> or contact Angie Hunter x4374, angie.hunter@slcc.edu.