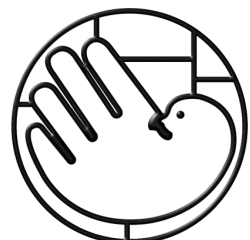


Please separate and return this registration form with full payment to:

Saint Luke Institute

Education Department
Attention: Charlotte Pappas
8901 New Hampshire Avenue
Silver Spring, Maryland 20903

CharlotteP@sli.org
301-422-5410



*Saint
Luke*
INSTITUTE

8901 New Hampshire Avenue
Silver Spring, MD 20903
Tel. 301-445-7970
Fax. 301-422-5400
getinfo@sli.org
www.sli.org

Surviving and Thriving!



Maintaining Well-Being While Transitioning From Leadership

sponsored by
SAINT LUKE INSTITUTE

Fall 2010
November 8—11, 2010

Spring 2011
March 21—24, 2011

Bon Secours Spiritual Center
Marriottsville, Maryland

ABOUT THE WORKSHOP



This workshop focuses on leaders themselves as they move out of leadership roles. The transition can be painful and full of unexpected emotions which can surface months after leaving the position. This workshop draws on the experience of women who have weathered this transition and have gained valuable insights into the growth opportunities this particular kind of transition offers. Through presentations by clinicians, storytelling, ritual and sharing, participants will gain new insights into the dynamics of change and learn ways to anticipate and deal with the loss and opportunities of leave-taking.

The sessions, designed to be informative, practical and interactive, will include:

- ◆ moving from “CEO” to “O” - from “in the loop” to “out of the loop”
- ◆ dealing with feelings - yours and others
- ◆ being the lame duck and finishing your term
- ◆ negotiating with the new leaders
- ◆ changing relationships: good-byes and hellos
- ◆ designing your preferred future - both immediate and long term
- ◆ translating your experience into meaningful ministry

OTHER OPPORTUNITIES

◆ Consultation

Participants will have opportunities during the workshop to meet with the presenters for private consultation.

◆ Yoga

Beginners and experienced Yoginis will find this offering a welcome addition to the workshop.

◆ Expressive Art

An opportunity to balance your experience by tapping into the right side of the brain!

◆ Massage

An option (at an additional cost) for those who enjoy or who would like to experience chair massage!



PRESENTERS

Peggy Crowley, SHCJ, L.C.S.W.
Lynn M. Levo, CSJ, Ph.D.
Caroline Wroblewski, Ph.D.

...and adjunct faculty for the expressive opportunities

FROM PAST PARTICIPANTS

"This time helped me surface many issues that I need to consider...thank you for this sacred time and space...I feel hugged by God."

"These days were rich in reflective material...food for thought and prayer for the months ahead...sharing with other women 'in the same boat' was a powerful and rich gift."

"This workshop instilled hope and courage in a compassionate and competent way...a good balance of content and process."

"It's a wonderful opportunity to reflect on the past, live the present and enjoy freedom for creative futuring. It's feminine and expressive."

"This workshop is a good way to get a handle on the issues surrounding transition and acquire attitudes and tools to assist in the transition."



"When the workshop is finished you know that you have survived and you will thrive..."

Previous Survive and Thrive Participant

WORKSHOP SCHEDULE

MONDAY—DAY 1

- 4:00 pm Registration Begins
- 5:30 pm Dinner (optional)
- 7:00 pm Welcome & Introductions
Opening Session

SESSIONS ARE PLANNED THROUGHOUT EACH DAY AND INTO THE EARLY EVENING ON TUESDAY AND WEDNESDAY

THURSDAY—DAY 4

- 3:30 pm Concluding Session & Closing Ritual
- 4:00 pm Departure *

** We recommend that you plan your return flights for 2.5 hours after the end of the workshop at Bon Secours Spiritual Center.*

WORKSHOP FEES

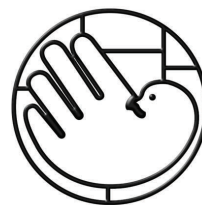
The workshop fee, which includes three nights private accommodation, all meals and workshop materials is **\$490.00 (U.S.) per person.**

REGISTRATION IS LIMITED.

Please forward your registration, with full payment made out to Saint Luke Institute, as soon as possible. Refunds, less a \$50.00 administrative fee, will be made upon request up to 45 days prior to the workshop.

ABOUT SAINT LUKE INSTITUTE

Saint Luke Institute is a licensed, private psychiatric facility and institute for research and education specializing in promoting the health and well-being of women and men religious, clergy, and others involved in church ministry. The services and treatment provided are means of responding to the mandate of Jesus Christ to participate in the mystery of salvation through the ministries of teaching and healing.



Saint Luke

INSTITUTE
8901 New Hampshire Avenue
Silver Spring, MD 20903-3611

For more information about evaluation services & treatment for women religious, please contact:

Caroline L. Wroblewski, Ph.D.

Coordinator, Talitha-Life Program
Tel. 301 445 7970
E-mail: CarolineW@sli.org

For More Information About Educational Programs, Please Contact:

Charlotte Pappas
Education Department
Tel. 301 422 5410
Fax. 301 422 5400
E-mail: CharlotteP@sli.org

LOCATION OF WORKSHOP

This program will be held at the **Bon Secours Spiritual Center** in **Marriottsville, Maryland**, west of Baltimore in the Maryland countryside. For more information please see www.bonsecoursspiritualcenter.org/

SURVIVING AND THRIVING REGISTRATION

Yes, I will attend the workshop in (check one):

- Marriottsville, MD - November 8—11, 2010
(Registration deadline is 10/01/10)
- Marriottsville, MD - March 21—24, 2011
(Registration deadline is 02/10/11)

Registration is limited and is accepted **only** with full payment. Please make checks payable to: **Saint Luke Institute.**

Name

Title

Religious Community

Address

City State/Province ZipCode

Telephone

Fax

E-mail