Sustaining the Courage to Teach & Lead
A Courage & Renewal® Retreat for Educators

A retreat to reflect upon your calling as an educator, align your personal values with your professional practice, and revitalize your heart, mind and spirit.

Are you an educator who:

- Is passionate about your work, but trying to sustain yourself in the midst of heavy demands?
- Wants to continue a life-long interest in personal and professional growth?
- Is committed to aligning your personal values with your professional practice?
- Would like to rekindle a spark for your vocation?
- Is wondering about next steps in your future in education?

In a time when stress and pressure on educators continues to rise because of internal and external demands, Courage to Teach provides educators an opportunity for rest, renewal, and re-engagement with their identity and integrity as teachers. Come join others like yourself who understand the challenges of sustaining the passion for teaching and leading, and discover a unique kind of professional development—one that will provide opportunities to deepen your understanding of true self and also refill your energy and vigor as an educator.

This introductory retreat is based on the Circle of Trust® approach developed by Parker J. Palmer and the Center for Courage & Renewal. This experiential gathering is open to all educators (pre-K-12 and higher education) who wish to pause and reflect upon their work and remain true to themselves in the midst of challenging times and situations. At this retreat, you will be offered time and space to reflect on life and work, and to:

- Pause, be still, and disconnect from technology and the pace of an educator's life.
- Witness and be witnessed, listen and be listened to—without performance evaluation, statusizing, or ego.
- Renew your commitment to teaching/leading & increase satisfaction with your work.
- Heighten your sense of personal and professional renewal, readiness to return to work, refreshed and energized.
- Increase your capacity to be fully present in your work by providing a reprieve from the hectic bustle of teaching & leading.
- Develop your capacity to tune in to the individual needs and gifts of yourself, your students and your colleagues.
- Expand your capacity to be resilient and purposeful in your work as an educator.

What happens at the retreat?

Twenty to twenty-two other educators will participate in this retreat with you. Together we will engage in large and small-group dialogues focused on carefully selected texts and questions, experience silence, solitude and journaling for reflection, and tell stories from our own lives and work—exploring the intersection of our inner lives and our teaching/leading in the work of education. The retreat will consist of carefully designed, intensive individual and collegial activities, using poetry and teaching stories, journaling, art, nature, and dialogue. How individuals participate and what is shared is always their choice. In addition, each retreat includes unscheduled time to rest, play, exercise, or explore the natural world.

Facilitators: Mary Kaye Siebert and Sharlene Cochrane
Sustaining the Courage to Teach & Lead®

A Courage & Renewal® Retreat for Educators

When:  Tuesday, July 22 at 4:00 p.m. through Thursday, July 24 at noon

Location:  Rock Springs 4-H Center:  [http://www.rocksprings.net/](http://www.rocksprings.net/),  A beautiful natural setting with more than 700 acres in the scenic Kansas Flint Hills, located 40 minutes from Manhattan and only two and half hours from Kansas City, MO. Participants are housed in single comfortable rooms.

Cost:  Cost per person for the 3 day/2 night retreat inclusive of registration, lodging, meals and materials is: $450. Scholarships in the amount of $200 are made available through the Courage to Teach & Lead Fund (Wamego Community Foundation) for educators employed in the following school districts: USD 320, USD 321, USD 383, USD 323, USD 322 and USD 329. If interested, please contact Mary Kaye Siebert for details.

Facilitators:  Mary Kaye Siebert & Sharlene Cochran, in collaboration with the Center for Courage & Renewal

To register:  To register please contact Mary Kaye  Mary Kaye Siebert:  785-456-7642 or siebertm@usd320.com

Please note:  Enrollment deadline is April 1, 2014. Enrollment is limited to twenty-two participants and slots will be filled on a first come, first serve basis.

For more information about the Center for Courage & Renewal go to:  [www.couragerenewal.org/](http://www.couragerenewal.org/)

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ABOUT YOUR FACILITATORS:

**Mary Kaye Siebert**
Mary Kaye Siebert, Ph.D. is the Director of Instruction for schools in Wamego, Kansas, and has served in this position for the past eleven years. Prior to taking the administrative position, she was a secondary social science teacher for 15 years. Mary Kaye has worked with teachers (at all levels) and administrators in many capacities, and her greatest joy is building communities of trusting, collaborative teams in schools. The thread that has followed Mary Kaye throughout her career has been one that honors the heart of an educator. Mary Kaye believes that educators are our culture heroes and that they are individuals on whom our society depends for so much, but for whom we provide so little support and encouragement. She further holds that educators have little, if any, time for reflection or shared contemplation with others in their field, and that having time to reflect on how or if one’s values are guiding their personal and professional development is essential for job satisfaction and effectiveness. Mary Kaye has been prepared by the Center for Courage & Renewal to facilitate retreats for educators.

**Sharlene Voogd Cochrane**
Sharlene Cochrane, Ph.D. was born in Hutchinson, Kansas, and grew up in Nebraska. She has lived in Boston, Massachusetts since college. She began teaching English in middle schools, started an alternative high school for troubled teens, and began her teaching at Lesley University in a program for adults who were coming back to school for their bachelor’s degree. She has taught history and interdisciplinary courses at Lesley for over twenty years, and recently served as Dean of Faculty, responsible for faculty professional development offerings across the University. Sharlene is a skilled Center for Courage & Renewal® facilitator, prepared by the Center in 2001. She has been active in the New England regional Center for Courage & Renewal and the diversity working group, has facilitated retreats for teachers, clergy, and school leaders, and has served as a mentor for many of the Center’s facilitators.