Being Brave Hearted: Creating a Life of Courage and Resilience
A Circle of Trust Retreat

A retreat to reflect upon what it means to be brave and resilient; to not just survive, but thrive in the midst of life’s challenges and transitions, both personal and professional.

Courage is contagious. Every time we choose courage, we make everyone around us a little better and the world a little braver. ~ Brené Brown

In this unique retreat, participants will be invited to explore a Circle of Trust approach developed by Parker J. Palmer and the Center for Courage and Renewal. This experiential gathering is open to all educators (pre-K-12 & higher education), leaders, and ANYONE who yearns for space to pause and reflect upon their work and personal lives, and remain true to themselves in the midst of challenging times and change. Weaving together the work of best-selling authors Brené Brown (Daring Greatly, Rising Strong, Braving the Wilderness) and Parker J. Palmer (Courage to Teach, Let Your Life Speak, A Hidden Wholeness), this retreat offers a rare opportunity of time and space to discover and share personal and professional stories of courage and resilience with others who seek to connect who they are with the work they do in the world. Return home with a renewed sense of your own brave heart!

Together we will:

- **Pause and be still, disconnect** from technology and the pace of one’s everyday life
- **Listen** and be **listened to**-without performance evaluation, or ego.
- Explore what it means to be **brave and resilient** in your professional and personal life, and the ever-important role of staying true to self.
- Consider what it means to **thrive (not only survive)** transitions and change, and how one creates a life without losing it.
- Explore the critical nature of **TRUST** in work and personal relationships.

**Owning our story can be hard but not nearly as hard as spending our lives running from it.** ~ Brené Brown

**What happens at the retreat?**

In this retreat, you will be invited to slow down and experience self-reflection, journaling, non-invasive and respectful group interaction, as well as periods of silence supported by the use of poetry, music, story and art.
When: Wednesday, June 27 at 4:00 p.m. through Friday, June 29, at noon.

Location: Rock Springs 4-H Center:  http://rocksprings.net/

A beautiful natural setting with more than 700 acres in the scenic Kansas Flint Hills, located 40 minutes from Manhattan, KS, and only two and half hours from Kansas City, MO. Participates 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

Payment: A non-refundable $100 deposit is required to reserve your spot. Full payment is expected by Tuesday, May 1, 2018 unless other arrangements have been made.

Facilitators: Mary Kaye Siebert & Kirstin Angéla, 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 May 1, 2018
Enrollment is limited to 25 and expected to fill.

Meet Your Facilitators:

Mary Kaye Siebert, Ph.D. has been an educator for 30 years. She has served as the Wamego School District’s (Kansas) Director of Instruction for the past 15 years and finds great joy in the world of education. It’s where possibilities for growth happen!!! Before taking this administrative position, she was a high school teacher of sociology and psychology. A thread that runs through her life is the belief that both teaching and leading demand and deserve time for reflection; in essence, we teach and lead who we are, and without understanding the “who” that teaches or leads, we risk doing more harm than good. Always inspired by those whose lives reflect devotion to causes that matter, she believes that when we persevere, wholeheartedly, in the midst of failures, betrayals and disappointments, we are being brave hearted. She was prepared for facilitation with the Center for Courage & Renewal in 2012. As the sole Courage & Renewal facilitator in Kansas, she has been offering retreat experiences for educators and leaders (partial, one day and multiple day retreats) for the past seven years. She is particularly interested in growing the Leading Together: Strengthening Relational Trust in Schools program in Kansas and surrounding Midwest. Mary Kaye finds it immensely gratifying to be able to offer individuals the opportunity to take time-out from their busy lives, to reconnect who they are with the work they do. When not working, you will find her enjoying gardening, reading, music, art, walking and spending time with her amazing children and six grandchildren. Center for Courage & Renewal (http://www.couragerenewal.org/)

Kirstin Angéla, Ed.D., has been working on being brave for over 50 decades...moving several times as a child from the Pacific Northwest to the shores of Lake Michigan with parents who’s mantras were “Can’t never did anything” and “Where there’s a will there’s a way!” Failure was not an option. Now, with 30+ years experience as a public school teacher, leader, mentor/coach, university professor, parent, and partner, Kirstin has many stories of failure and bravery! Her work with the Center for Courage and Renewal guided her decision to leave higher education and return to a deeper engagement with her local community, facilitating Circles of Trust and supporting urban environmental education. She contributed to the founding of an environmental-based charter school in Milwaukee and is currently the Environmental Education Manager at Urban Ecology Center in Milwaukee. Her most recent act of bravery is the creation of her own coaching and consulting business, Nourish Courage (www.nourishcourage.com). Kirstin currently splits her time between Wisconsin and Oregon, allowing her to serve the Milwaukee environmental education movement, spend time with family, and work part-time as a CCR facilitator, mentor and coach for local organizations and individuals interested in professional and personal renewal. When not working, you’ll find Kirstin kayaking, wandering in the wilderness, or enjoying a nice glass of wine with friends.