Journey Toward Wholeness
A Courage and Renewal® Retreat Series
facilitated by Valerie Brown and John Baird

September 13-15, 2019 - Seeds of the True Self
December 6-8, 2019 - Dwelling in Darkness
March 13-15, 2020 - Embracing the Power of Paradox
May 15-17, 2020 - Living with Abundance & Gratitude

Based on the work of Parker J. Palmer and the Center for Courage & Renewal®, this four-part seasonal retreat series combines opportunities to explore within community what matters most to you and to savor rest and renewal. Through deep listening with peers, gain clarity to live in alignment with your deepest values and the courage to act with integrity and authenticity in a world that needs more awakened and alive people.

This retreat series is designed for you:
♦ Are you seeking a time set-aside just for you from the busyness of daily stress to focus on what matters most to you?
♦ Are you in transition and asking yourself: ‘What’s next?’ And, do you want the space to listen to your own inner wisdom?
♦ Are you seeking support to build ongoing practices and a community to help you integrate your deepest intentions into your life and work?
♦ Have you been deeply moved by the writing of Parker J. Palmer and the Circle of Trust® and want to know more?

Valerie Brown is a Courage & Renewal® Facilitator prepared by the Center for Courage & Renewal. A consultant and principal of Lead Smart Coaching, LLC, specializing in leadership and mindfulness training, she is a popular coach, retreat and pilgrimage leader, and author, most recently of The Mindful School Leader. For more information about Valerie, visit leadsmartcoaching.com.

John Baird is a Courage & Renewal® Facilitator prepared by the Center for Courage & Renewal. A leading Quaker educator for more than 35 years, John has mentored and nurtured leaders, and helped individuals and groups to discern and respond to their deepest sense of calling.