The Wellbeing Leadership Retreat Series
For Health Professionals

A whole person, whole systems approach for health professionals that improves the wellbeing of individuals, teams, and organizations, and focuses on personal growth and wellbeing, whole systems leadership, and organizational transformation.

December 9, February 11, April 14
8 AM - 4:30 PM
Charlson Meadows
1601 MN-7, Victoria, MN 55386

December 9
Developing a personal plan for health and wellbeing:
- Self-assessments
- Experiential activities
- Focus on topics including mindfulness, health, purpose, relationships, community, safety and security and the environment.
- Behavior change

February 11
Advancing organizational wellbeing:
- Applying design and systems thinking to assess organizational wellbeing
- Developing sustainable strategies that leverage strengths and overcome barriers
- Aligning strategies with organizational vision, mission, goals, and priorities

April 14
Deepening leadership practices
- Whole system leadership competencies
  - Deep listening
  - Awareness of systems
  - Awareness of self
  - Seeking diverse perspectives
  - Suspending certainty, embracing uncertainty
  - Taking adaptive action
- Mindfulness and leadership
- Leveraging the power of chaos, social networks, social change and gentle action
- Authenticity and role modeling

Additional Existing Wellbeing Courses:
- Mindfulness at Work
- Mindfulness-Based Stress Reduction
- Food Matters for Health Professionals
- Wellbeing and Resiliency for Health Professionals
Wellbeing is often defined as a state of being in balance or alignment (body, mind and spirit). It is also described as being content, connected to purpose, peaceful, energized, in harmony, happy, prosperous and safe. The University of Minnesota’s Center’s Wellbeing Model includes dimensions that can be equally applied at the individual, organizational, and system level.

A wellbeing approach is one that supports and maximizes human and system capacity and potential. Improving wellbeing in people, communities, organizations and systems is core to our mission at the Center.

Wellbeing Leaders in the Healthcare Industry:

- Understand the value of their own wellbeing, the wellbeing of others, and the impact this has on the organization.
- Develop and maintain wellbeing practices and leadership skills in the face of complexity and challenge.
- Recognize and work with patterns at a whole person and whole systems level.
- Evoke innovative thinking and allow answers to merge from diverse perspectives.
- Take adaptive action that transforms individuals, teams, the organization and the larger community and leads to sustainable practices and results.
- Energize positive change by making wellbeing contagious!

The Wellbeing Leadership Program is a creative blend of programming that includes experiential learning, independent study, and small group cohorts. The program emphasizes practices that are simple, concrete, powerful, and inspiring!

Participants of the program have said:

- It was fantastic; incredibly well organized; inspirational
- Charlson Meadows was an amazing setting for a wellbeing retreat. Both the facility itself and the surrounding grounds/nature were beautiful. I did not want to leave!
- I really appreciate the facilitators’ kindness, energy, commitment & expertise
- The retreats have balanced theory, thought, and practice just beautifully. The combination of support materials, small group discussion, and presentations are wonderful. Thank you for the breaks, the access to refreshments, and the qi gong. We cover so much yet the pace is never rushed.

Pricing

Individual: $1,500
Individual within the University: $1,200

Includes light breakfast, lunch and snacks

CME and ANCC credits available