



Teleos

Leadership Institute



Restore, Renew
Reconnect



Restore, Renew Reconnect

R3 is a mindfulness based, trauma informed course for leaders to allow you to use compassion and emotional intelligence to understand, reckon with and digest the past year and to create a plan for recovery and renewal for yourself and your teams.

This is a four-session virtual program or 2-day in person program for leaders to support yourselves in the renewal and recovery from the stress and burnout from the past two years—and through the leadership transitions you may be engaging in on a personal or organizational level. This program will offer a cohort who will support each other as you make your way through the program.

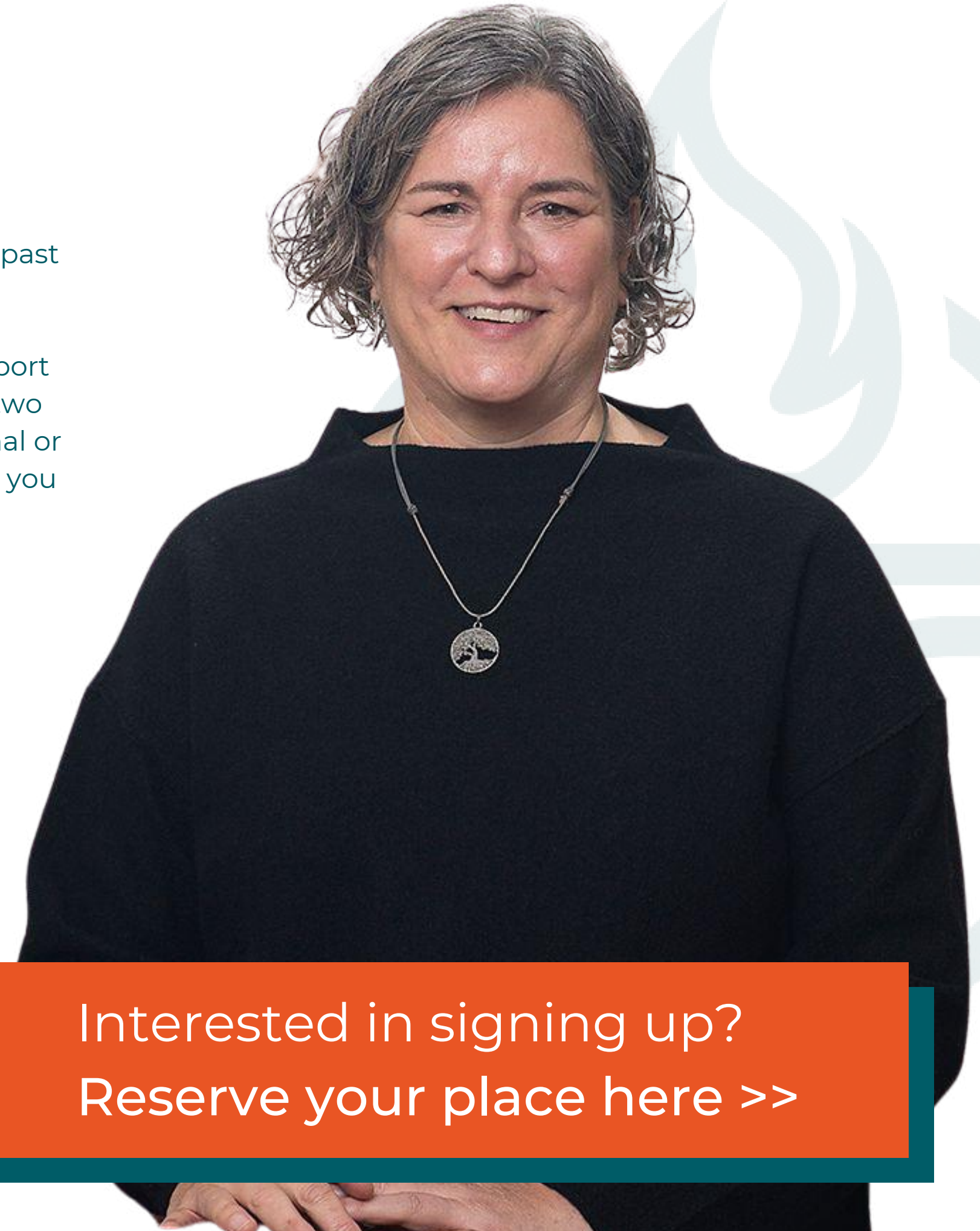
DETAILS:

In person Dates: 9/29-30

Fee: \$1,500

Faculty: Dr. Gretchen Schmelzer, Dr. Fran Johnston

Location: Teleos Leadership Institute



Interested in signing up?
Reserve your place here >>

