



CRANALEITH SPIRITUAL CENTER

Programs for Working Professionals



Full descriptions of programs and presenter bios are available at www.cranaleith.org

Register online at www.cranaleith.org or call **215-934-6206**

*Take time to reflect
on your work, life
and values*



CRANALEITH SPIRITUAL CENTER
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Cranaleith's Work & Spirit Series is designed to provide *breathing space for professionals* to reflect on their *deepest values and hopes* for their work, for their lives and for society. Led by seasoned facilitators, professionals can develop their leadership skills in a sanctuary-like setting. We create *safe space* for reflection and meaningful conversations where you learn to trust your own wisdom and align your inner life with your outer work in the world.

Our retreats range from one to several days and can be *customized* to the unique needs of your organization.

Come to Cranaleith to explore what humanizes the workplace, honors the human spirit, and frees you to do your best work, from a sense of integrity and larger purpose.

“ *It was a great day. I did not know what to expect at first, going on a retreat at day with people I work with. I enjoyed it so much and got to know my co-workers on a different level.* ”

The most helpful aspect of the program was taking the time, without pressure, to reflect on my decisions, my goals, and the path going forward. ”

What is Cranaleith?

Cranaleith Spiritual Center is a retreat and conference center for people of all faiths, cultures and circumstances who wish to reflect on what matters deeply in their lives, renew their spirit for life or work or restore themselves from life's traumas. Sponsored by the Sisters of Mercy, Cranaleith is a 501(c)(3) nonprofit organization.

Let us host your retreat!

We are known for our caring and professional staff, delicious food, beautiful grounds, state-of-the-art facilities and proximity to major transit hubs. Groups (up to 100) can be hosted for presentations, lectures, meetings and events. We can also customize a Work & Spirit retreat for your organization utilizing Cranaleith presenters.

Accommodations

Overnight accommodations are possible for up to 14 guests. There are 10 private rooms and 4 double rooms.



Mission

Sponsored by the Sisters of Mercy, Cranaleith offers a contemplative space for all those seeking wholeness and transformation for themselves and society. We are committed to making Cranaleith accessible to all, especially to persons who are poor and those who work in solidarity with them. We invite those at the center of need and those at the center of influence to reflection, reverent dialogue and meaningful partnerships. Cranaleith is a non-profit 501(c)(3) organization.

WORK & SPIRIT SERIES 2017-2018

Register online at www.cranaleith.org or call 215-934-6206

Master Seminars

ADVANCED PROFESSIONAL DEVELOPMENT FOR LEADERS AND CONSULTANTS

Since 2012, over 100 leaders of companies, nonprofits, educational, and religious organizations, from the US and abroad, have attended our Master Seminars for in-depth exploration of the challenging dynamics they face in their work roles. Using an interactive and collaborative approach to learning, experienced leaders explore stimulating and topical issues in a relaxed environment.

THE DYNAMICS OF LEADERSHIP, PLANNING AND CHANGE IN FAITH-BASED ORGANIZATIONS

October 3-5, 2017

Facilitator: Marisa Guerin, PhD

Cost: Tuition and all meals: \$400; Overnight lodging for 2 nights: \$100

This program is for persons holding leadership responsibility in religious congregations or in ministries or organizations sponsored by a faith community.

- Understanding roles, boundaries, power and authority in faith-based systems
- Effective leadership under conditions of constant change
- Methods of planning, decision-making, and conflict resolution

THE DYNAMICS OF LEADERSHIP, PLANNING, AND CHANGE FOR NONPROFIT EXECUTIVES

November 7-9, 2017

Facilitators: Marisa Guerin, PhD and Ilene Wasserman, PhD

Cost: Tuition and all meals: \$400; Overnight lodging for 2 nights: \$100

This program is for persons holding leadership responsibility in nonprofit organizations – members of the executive team, board members, or senior staff.

- Methods and processes for strategic planning
- Recognizing and reducing organizational dysfunction
- Effective leadership under pressure from multiple constituencies: Board, staff, donors, clients, and other stakeholders

MASTER CLASS FOR CONSULTANTS AND FACILITATORS: MANAGING THE CLIENT-CONSULTANT RELATIONSHIP WITH INTEGRITY

February 20-22, 2018

Facilitator: Marisa Guerin PhD

Cost: Tuition and all meals: \$850 (religious leader discounted fee: \$400); Overnight lodging for 2 nights: \$100

This program is for those who hold the critical role of partner, trusted advisor, or process guide for leaders and organizations in all sectors – business, government, nonprofit and religious enterprises.

- Maintaining appropriate role boundaries versus getting seduced into surrogate leadership
- Power, ethics, and courage in the client-consultant relationship systems
- Sharing best practice tools for client-consultant communication and collaboration

ABOUT THE FACILITATORS

Marisa Guerin, PhD and Ilene Wasserman, PhD, are highly regarded facilitators who have worked with executives and leadership teams of many client organizations – major corporations, family businesses, non-profits and religious organizations.

RE-IMAGINING YOUR LIFE FOR WOMEN (50+)

Facilitators: Carole Cohn, MEd and Jean Hurd, PhD

Thursday, October 5, 2017, 5 p.m.-Friday, October 6, 2017, 5 p.m.

Thursday, May 3, 2018, 5 p.m.-Friday, May 4, 2018, 5 p.m.

Cost: \$150 (includes lodging and meals)

There are times on our life journey when we are visited with sudden and unwanted changes in our lives. Or we may wake up one day and notice subtle shifts in our inner landscape, signals that it is time for a change. We become aware of the invitation to re-imagine our lives, to look on our mature years as an opportunity for second adulthood, embodied with wisdom, meaning and grace. In this workshop, we will explore what is passionate and authentic in each of us and support each other in awakening new dreams and actions that will help to move us to the next, rich phase of our lives. Held in safety by Cranaleith's beauty and peace, participants will be nurtured by silence, poetry, the rich wisdom of one another, and the guidance of skilled mentors.

FEELING OVERWHELMED IN YOUR WORK/LIFE? PIVOT YOUR PERSPECTIVE & REGAIN YOUR FOOTING

Facilitator: Jacqueline Lesser Faust, MBA

Tuesday, November 14, 2017, 9:30 a.m.-3 p.m.

Cost: \$50 (includes lunch)

Overwhelmed by the pace of work or by changes in life? If you want to learn to be, think, and act strategically in the face of emotional overwhelm, you can, by changing the picture of your life and how you perceive it.

In this workshop, you will learn to:

- Rewire your panic button and get control of your life by shifting in your perspective.
- Reconnect with your inner wisdom so that you can navigate in uncertainty and weather transitions.
- Take inspired action to make decisions that will set you on a new path.

VICTIM, SURVIVOR OR NAVIGATOR: CHOOSING A PATHWAY TO JOY

Facilitator: Rick McKnight, PhD

Thursday, December 7, 2017, 9:30 a.m.-3 p.m.

Cost: \$125 (includes lunch)

Learn the behaviors that cause you to succeed or fail in the workplace and in life. In the face of turmoil, there are three responses to change: to be a *Victim* who fights or takes flight, a *Survivor* who deals with change via political maneuvering, or a *Navigator*, who finds ways to use the upheaval to become stronger, wiser and more productive. Rick will provide guidance for getting out of *Victim* or *Survivor* mode and move into *Navigator* mode. Participants will reflect on the significant events in their lives, their joys and their sorrows, and will choose a path forward that serves their highest purpose.

A DAY OF RESPITE AND INSIGHT FOR CAREGIVERS

Facilitator: John Collins, CsSr

Thursday, January 18, 2018, 9:30 a.m.-3 p.m.

Cost: \$125 (includes lunch)

Serving persons with chronic illness or disabilities is a rewarding endeavor, but often places extreme demands on the caregiver. They can become overwhelmed by stress, vicarious trauma and compassion fatigue. This retreat is a time of respite for caregivers to refresh body and spirit, learn ways of balance and self-care, and draw on the support of others who share this privileged call. Participants will discuss common issues, share ideas, identify the degree to which they are taking care of their own well-being, and determine ways to improve their self-care skills.



ETHICS AND END-OF-LIFE CARE: SHIFT REPORT

Facilitator: Patricia Talone, RSM, PhD

Thursday, February 1, 2018, 9:30 a.m.-3 p.m.

Cost: \$150 (includes lunch)

End-of-Life care has changed dramatically in the twenty-first century. However, the Christian's obligation, arising from the theological and pastoral tradition within our faith still calls us to the corporal works of mercy – caring for the sick and dying. Nurses and other health professionals often face ethical challenges as they care for persons at the end of life.

This presentation will:

- Examine the ways that end-of-life care has changed in this century;
- Root responsibility to care for those at end of life in the Catholic moral tradition; and
- Explore specific ways to address the ethical challenges they face as they care for persons at the end of life.

FROM CRITIC TO CHAMPION: CLAIM YOUR LEADERSHIP VOICE

Facilitator: Cheryl Rice, MS, PCC

Wednesday, March 7, 2018, 8:30 a.m.-noon

Cost: \$50

It is hard to take risks, increase your influence, and ask for what you want when plagued by self-doubt and self-criticism. To reach your goals, you must learn how to quell the voice of the inner critic and turn up the volume on your inner champion.

Learn how to:

- Quiet the voice of self-doubt.
- Meet your internal champion who encourages your best self.
- Greet change and challenge with enthusiasm.

COURAGEOUS TRUTH-TELLING: GIVING PERFORMANCE FEEDBACK

Facilitators: Marisa Guerin, PhD and Karol M. Wasylshyn, PsyD

Thursday, April 5, 2018, 9:30 a.m.-3 p.m.

Cost: \$150 (includes lunch)

Improve your capacity to manage performance with courage and compassion. Learn about the dynamics that make this task so universally challenging, and get guidance on a framework for giving meaningful performance feedback.

ENGAGING THE HUMAN SPIRIT OF ENTERPRISE

Facilitator: Stephen Hart, MS and Mary Trainer, RSM

Wednesday, April 11, 2018, 9:30 a.m.-3 p.m.

Cost: \$150 (includes lunch)

The traditional model of command and control leadership is under considerable pressure in today's organizations. In this new era, employees want to experience a deeper sense of purpose and meaning in their work, expect leaders to practice more inclusive behaviors, and desire to work more collaboratively. These emerging propositions of work may require a shift in the way traditional command and control leaders think about their role, motivate, develop, and retain their staff, and how they direct the work of others to achieve business results. Join us as we explore these shifts and learn how to truly engage the human spirit of the enterprise in the new era of work.