

CHANGE AS INVITATION

ASSESSING AND ADAPTING IN A FAST PACED WORLD

THURSDAY, MAY 10, 2012

FROM 9:30AM-3:30PM

“A DAY APART”

LED BY MARGARET BENEFIEL

& SUSIE ALLEN



Susie Allen

Rev. Susie Allen is a spiritual director and founding member of the Kairos Spiritual Life Center in Worcester, MA, where she leads contemplative retreats and small groups.

Susie is a member of the Boxborough Well-Being Committee, which acts as a resource for organizations and programs to support healthy living. She is active in local community theatre, and sings with the a cappella group, Custom Blend. She has three grown children and resides in Boxborough with her husband, Roger.



Margaret Benefiel

Rev. Dr. Margaret Benefiel, Executive Officer of Executive Soul, offers consulting, coaching, and spiritual direction for leaders and organizations. She is also adjunct faculty at Andover Newton Theological School in Boston and visiting lecturer at All Hallows College in Dublin, Ireland. Dr. Benefiel is the author of *Soul At Work* (Seabury, 2005) and *The Soul of a Leader* (Crossroad, 2008), and co-editor of *The Soul of Supervision* (Morehouse, 2010). She is a member of Beacon Hill Friends Meeting in Boston and lives in Boston with her husband. She enjoys hiking, cycling, reading novels, and scuba diving in her free time.

Have you ever tried to break a habit and found it more difficult than you expected? Have you ever been part of a change effort at your church or workplace that didn't work out as planned? If your answer to either of these questions is "yes," this workshop is for you.

Based on the book *Immunity to Change*, by Robert Kegan and Lisa Lahey, this workshop helps you assess your own blocks to healthy change, and invite insights and practices to adapt to new understanding. Through an experiential, interactive process, participants will identify goals they would like to achieve, uncover their own "immune" systems, and discover how to release fresh energy toward positive change.

Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road, North Andover, MA 01845

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or call our office at 978-682-8815

ALL MAJOR CREDIT CARDS ACCEPTED.

Email: thestaff@rollingridge.org

Early Registration: \$55, After 5/3/12: \$60

The quiet Day includes your lunch. We suggest an early arrival time of 9am for gathering, pastry, coffee & tea, prior to a 9:30 program start. Please let us know in advance should you have specific dietary needs, or desire to book a massage after your retreat.