



INSTITUTE FOR
ZEN LEADERSHIP



Department of Family Medicine
and Community Health
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

MOVE BEYOND FEAR

Healthy Embodied Agile Leadership

A unique, integrated approach to transforming challenges in healthcare, expanding your leadership & energizing your life.

The disruption of these times is nowhere more evident than in healthcare where systems and people are often at the brink of breakdown or burnout. This is where leadership matters greatly and leaders who are resilient, agile and wise can make a world of difference. This program develops and fortifies more of them.

Participants are asked to come with a leadership challenge to address during the program and, ideally, to attend in colleague pairs to enhance application of learnings afterwards.

The program is set in a rich, experiential learning environment. **No prior meditation or physical training experience is required.**

March 8-11, 2018
(6 pm start, 1 pm finish)

"This program is not a course – it is a 'homecoming.' I witnessed myself return to being more authentic, open, powerful, aware, and more equipped to move toward my goals and vision."

–Arvin Jenab, Medical Director of
Naturopathic Medicine, UCI

"This is an ideal program to find your authentic self and learn to express it both personally and professionally."

– Gabrielle Curtis, MD, Associate Program
Director of Clinical Medicine, Cox Family
Medicine Residency

"You are more powerful than you can imagine...This program positions you to burst with your potential and make practical steps toward meaningful change."

–Bethany Howlett, MD



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Outcomes:

- Practical ways to lead in disruptive times and move forward on challenges
- Concrete practices such as breathing exercises, meditation, and managing energy to apply personally and share with one's team/system
- Discernment of one's leadership patterns and agility to shift into any of 4 essential modes of leadership as needed
- Greater resilience, centeredness, energy, presence, and access to one's power
- Behavioral shifts that bring vision to reality
- Powerful, direct experience of a program that can be customized and brought into one's system

PLUS: discussions and personalized coaching around challenges in healthcare and what leaders can do.

Course Directors/Faculty include:

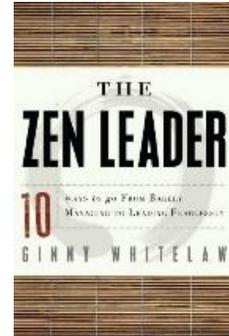
Ginny Whitelaw, Ph.D., President, Institute for Zen Leadership,
Beth Potter M.D., Director of Employee Wellness, University of WI Department of Family Medicine and Community Health (UW DFMCH)
Ken Kushner, Ph.D., Professor, UW DFMCH

Accreditation:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Wisconsin Medical Society through the Joint Providership of SSM St. Mary's Hospital - Madison and UW DFMCH. St. Mary's Hospital - Madison is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians and designates this live activity for a maximum of **25.00 AMA PRA Category 1 Credits™**.

Information & Venue: Program will be held at the Spring Green Zen Dojo with lodging at the nearby Silverstar Inn B&B. Program begins 6 pm on the first day and runs until 1:00 pm on the last day. Mornings start early and run late – 6 am-9:30 pm – with some open time in the afternoon to recharge. All meals are included, and specifically designed to support the training.

Fee: Tuition is \$1095 plus lodging. We've negotiated a discounted lodging rate at the Silverstar Inn: \$405 for a private room for the 3 nights, \$255 if willing to share. Please register and indicate your lodging preference at www.institutezenleadership.org/portfolio/heal.



"This experience is life changing and will help you to balance among the daily chaos."

– Melissa Bergerson, Chief Nursing Officer, Black River Memorial Hospital

"This program is infused with wisdom and truth. It gives you the skills to create the necessary conditions to lead from and live from your most effective self."

– Kristi Crymes, DO, Family Physician

www.institutezenleadership.org