

OMEGA

Rhinebeck, New York

Greetings Omega Participant,

The Speaking Up As A Leader workshop crew is delighted to welcome you this weekend! Our team can't wait to work with you on amplifying your voice. We believe in the power of the unique ideas each of you have to share with the world.

In preparation for the weekend, we ask that you read a few articles in advance:

- Be Your Own Mentor in a Freelance Economy By Courtney Martin
- Shine Theory: Why Powerful Women Make the Greatest Friends By Ann Friedman

We're also sharing a quick glimpse at our schedule so you can plan your time on Omega's beautiful campus:

FRIDAY	8:00 p.m. – 10:00 p.m.	Welcome & Introductions
SATURDAY	9:00 a.m. – Noon	Owning Your Voice, Skill-Building
	Noon – 2:30 p.m.	Lunch
	2:30 p.m. – 5:00 p.m.	#RealTalk Roundtable, Negotiating Your Worth
	TBD	Secret night-time ceremony
SUNDAY	9:00 a.m. – Noon	Goal-Setting, Final Reflections

As you pack your bags, please bring your notebook, a water bottle, a flashlight, and an open mind. We also encourage you to bring a tablet or laptop if that works best for you, but ask that you remain present throughout the experience.

Please be mindful that WiFi and reception may be limited throughout Omega's campus except for designated areas. This provides a great opportunity for introspection.

We invite you to take advantage of the serenity and beauty of Omega's campus during your stay. While we'll be using our voices and minds throughout much of our time together, we can't forget our bodies.

When we're not in session, consider hiking a trail, steaming in the sauna, participating in a tai chi, yoga, or meditation class, or scheduling a bodywork session in the wellness center.

Finally, we regret to inform you that, due to unforeseen circumstances, Courtney Martin—our collaborator and friend—will be appearing by video only and has had a hand in shaping the agenda with us.

Thank you!
See you soon,
Jamia, Vanessa, Marianne (and Courtney)
and the Omega Staff

Awakening the Best in the Human Spirit