



2017 Omega Nonprofit Retreat Week Overview

Brief description: Omega Nonprofit Retreat Week provides the opportunity for peer organizations working across a wide spectrum of social, economic, and environmental issues to work and rest so they can return to their efforts replenished, connected, and energized.

Dates: May 29 - May 31: Strengthening Communities Summit (by application)
May 31 - June 2: Women Serving Women Summit (by invitation in 2017)

Application deadline and notification: Completed applications are due January 30, 2017. Organizations will be notified of their acceptance by February 22, 2017.

Nonprofit retreat offering:

Omega provides organizations with a self-led working retreat, including:

- Simple accommodations and meals
- Meeting space for three half-day sessions over the course of three days and two nights
- Environment conducive to relaxation, rejuvenation, and connecting with others and the natural world
- Summit Opening to support relationship building and/or learning while creating opportunities possible future collaboration
- Opportunity to participate in The Nonprofit Clinic during Summit, a free, one-hour consultation with the New York Council of Nonprofits (NYCON)
- Access to campus amenities, including lake, walking trails, tennis and basketball courts; Sanctuary, library, store and café; and tai chi, yoga, meditation, or movement classes

Participating organization agreement:

Selected organizations agree to:

- Plan and facilitate organizational retreat that balances working with time to rest and strengthen relationships
- Participate in Omega's publicity and funding efforts, as requested (e.g. providing photos, quotes, mission descriptions, impact stories, or sharing information via email or social media)
- Join an orientation conference call prior to the Summit designed to support preparation as well as initial connections with other participating organizations
- Share relevant information provided by Omega with participating individuals
- Ensure each individual participant calls in to register
- Participate in the entire Summit, including attending the Opening
- Be prepared to introduce organization and retreat goals to other participants
- Meet with an Omega representative during Summit
- Respond promptly to three requests for written evaluative feedback immediately following the retreat and twice in the following year at 6- and 12-month intervals

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Background

In 2005, Nonprofit Retreat Week¹ was established to support peer nonprofits and strengthen networks of change leaders connected to Omega and each other. Omega offers organizations self-led working retreats that take place on our campus over the course of three days alongside a dozen or more other organizations. For 12 years, nonprofits—large and small, working in the region, across the country, and around the world—have brought their teams of staff, board members, and other stakeholders to Omega to work and to rest, so they can return to their efforts replenished and invigorated. Organizations use their retreat time in a variety of ways, from developing strategies, cultivating leadership, and deepening connections to discussing challenges, generating ideas, and identifying solutions.

Depending on the work that they do, nonprofit organizations participate in one of two summits during Nonprofit Retreat Week. The **Strengthening Communities Summit** brings together organizations primarily based in the Mid-Hudson Valley region that focus on a variety of social, economic, and environmental issues. The **Women Serving Women Summit**, convened by the [Omega Women's Leadership Center](#) (OWLC), focuses on groups that are working in particular to serve the interests and needs of women.

Nonprofit Retreat Week at Omega supports organizations to gain clarity, strengthen relationships, rejuvenate in beautiful, natural surroundings, and build connections with other organizations.

About Omega

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse learning opportunities that inspire an integrated approach to personal and social change. Located on 200-plus acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people annually to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world. Through innovative educational experiences that awaken the best in the human spirit, Omega provides hope and healing for individuals and society.

¹ From 2005-2016, the program was named Service Week.



Nonprofit Retreat Week Specifics

The Nonprofit Clinic

During the retreat, NYCON will offer free, one-hour consultations to organizations that would like support in any aspect of nonprofit health—from financial or managerial to motivational or administrative. In addition, NYCON will provide an enhanced program for organizations that are accepted into the Multiple Organizations Track.

Meeting Room

Organizations will have a meeting room with basic supplies for three half-day sessions. Meeting spaces are available during the daytime, but not during the evenings.

Internet & Cell Phones

Wi-Fi is available in the café, meeting rooms assigned to organizations on retreat, in all dorms and in most cabins. Cell phone reception can be unreliable; however, pay phones are available and centrally-located on campus.

Food & Accommodations

Our Dining Hall serves three healthy, primarily vegetarian meals daily. Accommodations are either double occupancy or dormitory-style single rooms that are simple, clean, and comfortable. Bathrooms are generally shared. We provide towels, soap, and bedding. Feel free to bring a washcloth. There are no televisions, phones, or refrigerators in the rooms; however, there is Wi-Fi access throughout campus.

Facilities & Activities Included

Omega's picturesque rural campus includes Long Pond Lake, tennis courts, a basketball court, walking trails, the Sanctuary (for meditation), and the Ram Dass Library. During the day, we offer optional yoga, meditation, dance/movement, and tai chi classes at no cost to participating organizations.

Discounts & Additional Amenities Available

Nonprofit Retreat Week participants receive a 20% discount at the Omega Café, Wellness Center, and the Omega Bookstore. The Omega Café is a popular gathering place that sells light meals, snacks, specialty coffee drinks, and desserts. The Omega Wellness Center offers massage, acupuncture, and a number of other services by appointment. The Omega Bookstore sells books, music, clothes, toiletries, cards, jewelry, and inspirational gifts.

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FAQ

What does the retreat include?

The retreat takes place on Omega’s beautiful campus over the course of three days and two nights and includes: meeting space for three half-day sessions, simple accommodations, meals, and access to all campus amenities. Omega provides an Opening gathering and opportunities for networking, including during mealtimes and breaks. Each organization designs its own retreat according to its needs and is eligible for a free, one-hour consultation with the [New York Council of Nonprofits](#) (NYCON) while on campus.

Who designs our retreat?

Each organization designs and facilitates its own retreat according to its needs. We **strongly** encourage a good balance of work and relaxation.

What is the Strengthening Communities Summit?

The Strengthening Communities Summit prioritizes applicants that address a range of social, economic, or environmental issues in the Mid-Hudson Valley (Dutchess, Ulster, Orange, Columbia, Putnam, and Greene Counties). It will be held Monday, May 29 through Wednesday, May 31, 2017.

What is the Women Serving Women Summit?

The [Omega Women’s Leadership Center](#) (OWLC) convenes organizations that are working to positively impact the lives of women. The Women Serving Women Summit will be by invitation only in 2017, and will be held Wednesday, May 31 through Friday, June 2.

Who is eligible to apply to the Strengthening Communities Summit?

Any nonprofit organization may apply.

How do I submit my application?

Complete our [online application](#).

What are your selection criteria?

We are seeking organizations that can demonstrate their alignment with Omega, are poised to take advantage of networking opportunities, are actively addressing systemic inequality, and will make the best use of, and benefit most from, this opportunity. These tend to be organizations that have identified goals for themselves—such as strategic planning, cultivating leadership, and deepening staff commitment—and are prepared to work on them in a retreat setting.

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OMEGA

Rhinebeck, New York

Can someone provide us with assistance in completing our application?

For assistance on how to best complete your application, you are welcome to set up a free, half-hour consultation with NYCON by emailing Doug Sauer, NYCON's chief executive officer at dsauer@nycon.org

If we want to have a retreat with another organization, how do we complete our application?

Your organization can apply to come on its own, or you can come in partnership with other organization(s) by checking the box for the Multiple Organization Track on the application. If you are coming in partnership, each organization completes its own application and indicates the other organization(s) with which it is applying.

What is the deadline to apply?

The deadline for receipt of your completed application is **January 30, 2017**.

When will we find out if we are accepted?

Participating organizations will be notified of acceptance by **February 22, 2017**.

What about travel costs?

Selected organizations are responsible for their own transportation costs and arrangements.

What if I still have questions?

If your question is not addressed in our FAQ, please contact: Marta Szabo, Strengthening Communities Summit, martas@eomega.org, 845.266.4444, ext. 403

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