

2016

Become  
the kind  
of leader  
the world  
needs now.

**omega** women's  
leadership **center**

*#DoPowerDifferently*

## Welcome.

We invite you to join a growing community of women who are ready to imagine a world where love, compassion, and empathy become integral to leadership decisions. Our program is designed for women who want to create a world that works—for everybody.

The OWLC brings together all of the lifelong learning resources of Omega Institute to offer an integrated approach to personal growth, leadership development, and social change. Whether you are a seasoned leader or just beginning on your leadership path, we provide a range of programs in a collaborative and holistic learning environment.

Learning at Omega is fun! While you are here, you can find restoration on our hiking trails, immerse yourself in the sacred space of our Sanctuary, nap in a hammock by Long Pond Lake, take in the beauty of our gardens, or enjoy one of our daily open classes in tai chi, yoga, meditation, or movement.

We hope to see you this year—to learn, explore, make friends, build alliances, and develop your leadership skills as part of a community dedicated to advancing a global culture of equality and care.

Join us,

The OWLC Team

*#DoPowerDifferently*

Founded in 1977, Omega Institute for Holistic Studies offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change.

Located on 250+ acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. [eOmega.org](http://eOmega.org)



## Join us in 2016

May 13-15  
**Financial Literacy & Beyond**  
*Creating the Lives We Want*

June 12-17  
**Mediating Our Connections**  
*Leading with Emotional Courage*

July 1-3  
**Taking the Leap**  
*Leadership & the Art of Trapeze*

July 22-24  
**9 Leadership Power Tools**  
*Changing How We Think About Power*

August 26-28  
**True Storytelling With TMI Project**  
*New Perspective Leadership*

September 9-11  
**The Brave Art of the Brush**  
*Make Your Leadership Mark*

September 16-18  
**WisdomWomen**  
*A Visionary Gathering to Cocreate Community & World*

September 18-23  
**The Omega Women's Leadership Intensive**  
*Become the Kind of Leader the World Needs Now*

October 21-23  
**Speaking Up as a Leader**  
*Women's Voices in the New Media*

**Women & Power Retreat**  
*Returning in 2017*

### New York City

August 11 and August 12  
**Public Speaking for Women Leaders**  
*A Persuasive Communication Workshop*

## Is the Omega Women's Leadership Center right for you?

What kind of leader do you want to be? What will you use your power for? What values do you want to nourish and bring forth in your work, in your relationships, and in the world?

The OWLC engages these important questions. Join our community.

- **Explore.** Discover different aspects of yourself and models of leadership that help you lead from your own values, voice, and vision.
- **Grow.** Acquire insight, inspiration, and concrete skills across a broad range of educational experiences to develop your own unique leadership style and effectiveness.
- **Collaborate.** Meet, learn, and collaborate with women across a broad range of life and leadership stages.
- **Restore.** Rejuvenate so you can lead with hope and purpose.
- **Act.** Commit to taking action, big or small, and inspire others by becoming a change agent at home, at work, and in the world.

**“There was life before Omega and life after Omega. This was a watershed moment in my life.”**

—Women's Leadership Intensive participant

## A Typical Day at Omega



**7:00–8:00 a.m.**

Daily Open Classes in meditation, yoga, or tai chi

**7:00–8:45 a.m.**

Breakfast



**9:00 a.m.–noon**

Workshop

**noon–2:00 p.m.**

Lunch



**12:15–1:00 p.m.**

Daily Open Class in movement

**2:30–5:00 p.m.**

Workshop or free time



**5:30–6:15 p.m.**

Daily Open Class in movement

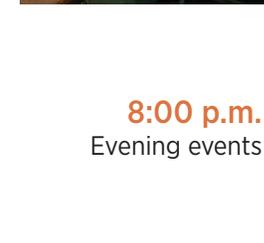
**5:30–6:30 p.m.**

Daily Open Classes in yoga or meditation



**6:00–7:15 p.m.**

Dinner



**8:00 p.m.**

Evening events



**noon–10:30 p.m.**

Visit the Omega Store

**9:00 a.m.–9:30 p.m.**

Enjoy an Omega Wellness Center service



May 13-15

## Financial Literacy & Beyond

Creating the Lives We Want

MANISHA THAKOR, MBA, CFA

Course 1102-687/Tuition \$425/350/275/200 LE



MANISHA THAKOR

Leadership requires thoughtful choices in a variety of areas—including money. Yet financial acumen is a skill-set for which most women have received little, if any, formal education.

During this inspiring, uplifting course for women, we dramatically increase our fluency with and comfort with the role that money plays in our personal lives and in the world.

Using a holistic, spirit-centered approach, we learn the basics of:

- Personal finance—the key elements of healthy spending, saving and budgeting, and debt management
- Investing—demystifying this vital activity with clear guidance on the how, what, and where of investing
- Money & relationships—financial topics to discuss with romantic partners, adult children, elderly parents, and financial professionals
- Organizational finance—key language and concepts to increase our organizational financial fluency
- Macro economics—the dramatic, increasing contributions of women to the global economy

With a lively combination of lectures, videos, music, solo writing exercises, and group sharing, this positive, one-of-a-kind personal finance workshop teaches us how to create the financial life we want.

**Manisha Thakor, MBA, CFA**, is the director of wealth strategies for Women at Buckingham & The BAM Alliance. She is coauthor of *On My Own Two Feet* and *Get Financially Naked*. Her writings and financial literacy advocacy have been featured in premier international media outlets. [MoneyZen.com](http://MoneyZen.com)



June 12-17

## Mediating Our Connections

Leading With Emotional Courage

SHAUNA RIES, LCSW, MFT, MDR

Course 2005-688/Tuition \$470/395/320/245 LE



SHAUNA RIES

There is nothing like that “aha” moment when we suddenly understand someone else’s perspective. In fact, it is a crucial step in cultivating empathy, an essential connection tool that is more important than ever in today’s world.

In this workshop we explore how, when we suspend the thoughts that separate us from others, we are free to discover the experiences and life events that connect us. When we approach each other this way, we can develop the understanding that opens the door for deepened relationships.

Through group discussion and dialogue, we:

- Examine and apply the inAccord Conflict Analysis model
- Learn mediation techniques to re-frame issues, deal with impasse, negotiate solutions, and prevent and resolve conflict
- Use clear communication to build unifying and effective solutions to personal and professional challenges
- Practice and cultivate empathy to see the perspectives of another

Women who want to learn how to mediate, develop a greater understanding of their relationships, and deepen their leadership skills are welcome.

*Required reading: Ries & Harter, In Justice, In Accord.*

**Shauna Ries, LCSW, MFT, MDR**, cofounder of Mediators Without Borders and InAccord Justice Centers, LTD, has more than 30 years experience in management and executive levels of corporations, and as a family clinician and certified mediator. [mediatorswithoutborders.org](http://mediatorswithoutborders.org)

This workshop awards a 40-hour certificate in mediation through Mediators Without Borders; see [mediatorswithoutborders.org](http://mediatorswithoutborders.org).

SS Special schedule; see eOmega.org

LE Limited enrollment; register early

Tiered pricing; see page 17



July 1-3

## Taking the Leap

Leadership & the Art of Trapeze

SEANA LOWE STEFFEN, PHD

Course 2502-686/Tuition \$470/395/320/245 SS, LE

Are you ready to take a leadership leap forward in yourself, your community, and the world? This highly interactive workshop combines leadership skills with the art of trapeze, helping to free ourselves from the feelings and thoughts that stop us from taking our contributions to the next level.

In a gathering of women, across leadership and life stages, we develop the courage to expand our sense of what’s possible. Through creativity, play, and adventure we:

- Practice self-authorizing, deep listening, and tapping into collective wisdom



SEANA LOWE STEFFEN

- Reflect on our experiences and draft a plan that aligns our intention, potential, and vision
- Experience “flying” with the Trapeze-Experience™ Team as a self-awareness tool that transforms limitations into opportunities and blocks into breakthroughs

*Flying is optional. For beginner trapeze students, safety lines are used at all times.*

**Seana Lowe Steffen, PhD**, is founder and executive director of the Restorative Leadership Institute and cofounder of the Explore Expeditionary Learning School and the Rocky Mountain Youth Corps. She brings 25 years of experience in strategic consulting, capacity building, leadership, and organizational development to global clients such as the Carter Center, Engineers Without Borders, Hewlett Packard, WORLD PULSE, and Tostan. [restorative-leadership.org](http://restorative-leadership.org)

July 22-24

## 9 Leadership Power Tools

### Changing How We Think About Power

GLORIA FELDT

Course 3102-692/Tuition \$450/375/300/225 LE

Are you a woman who wants to make more progress in your leadership work, opportunities, and compensation, but after reading hundreds of career advice articles, still feels like you're missing the key ingredients for success?

Join renowned leader and activist Gloria Feldt to learn 9 Leadership Power Tools and hone your leadership skills to unravel what has been holding you back from leadership positions. These Tools are rooted in an understanding of power that enables women to redefine and embrace it with intention, authenticity, and joy.

This shift in thinking, from "power over" to "power to," gives women immediately actionable ways to understand the

world as it is now while we navigate toward the changes that need to be made. Together we:

- Gain a joyful definition of power and help understand our unique value
- Understand implicit bias and how to decrease it in our workplaces and communities
- Learn to negotiate with confidence and network with purpose
- Practice how to deal positively with conflict, chaos, and controversy
- Acquire practical, actionable skills to move us forward in pursuing our goals



GLORIA FELDT

This workshop is for any woman who wants to take her self-awareness, embodiment of core principles, and professional leadership development to the next level.

**Gloria Feldt**, cofounder and president of Take The Lead, was the national president and CEO Planned Parenthood Federation of America for 10 years and is the author of *No Excuses: 9 Ways Women Can Change How We Think About Power*. [taketheleadwomen.com](http://taketheleadwomen.com)



August 26-28

## True Storytelling With TMI Project

### New Perspective Leadership

EVA TENUTO AND SARI BOTTON

Course 4102-736/Tuition \$450/375/300/225 LE

We all have personal stories we want to share, but often feel we can't or shouldn't.

Guided by TMI Project directors Eva Tenuto and Sari Botton, we explore significant experiences in a new light. By writing about them boldly as compelling personal monologues we take back our power and clear space for more impactful leadership.

In a safe space, we use writing prompts and exercises to help us write from our whole selves—including the TMI (Too Much Information) parts usually left out because of pain or embarrassment. Through sharing stories and feedback we:

- Gain confidence writing a true story without concern for grammar or punctuation



EVA TENUTO



SARI BOTTON

- Strengthen our ability to be effectively heard and practice speaking in front of others
- Release stigma to feel unburdened and empowered by our stories
- Learn to elicit listener identification and understanding, and inspire social change

This workshop is open to all women.

**Eva Tenuto** is the founder and executive director of TMI Project and founder of the Women's Experimental Theater Group. She is also editor and director of the award-winning *Tales of Geriassic Park; On the Verge of Extinction*.

**Sari Botton** is a writer and serves as the editorial director of TMI Project. She is the editor of *Goodbye to All That: Writers on Loving and Leaving New York* and *Never Can Say Goodbye: Writers on Their Unshakable Love for New York*.

September 9-11

## The Brave Art of the Brush



BARBARA BASH

### Make Your Leadership Mark

**BARBARA BASH**

Course 4502-693

Tuition \$450/375/300/225 **LE**

What is the meaning of making our mark? How do we bring our leadership vision to fruition? What does bravery look like when we are doing power differently? In this workshop we explore these questions through the practice of calligraphic brushwork.

Through engaging in powerful visual practices we develop groundedness. We learn how to step forward and express who we are on the page, sharpening our leadership capabilities by making a true stroke of the moment.

Working with small and large brushes, making both steady horizontal lines and large spontaneous strokes, we are guided

and held by the Chinese principles of heaven, earth, and human—ancient teachings that offer a sense of orientation and connectedness.

Through the simple visibility of brush and ink, we witness how we engage, follow through, and complete a new task with an eye, mind, and hand toward our own creative excellence. Together we:

- Build our capacity for personal effectiveness and artfulness
- Spark creativity and risk taking
- Foster teamwork and collaboration

This workshop is for any woman who would like to explore creativity as a path to deeper self-understanding and expression.

**SS** \$30 materials fee; include when you register.

**Barbara Bash** is a calligrapher, illustrator, author, and performance artist. She teaches classes that create a space for everyone to make their mark in the world, including corporate settings, Buddhist centers, elementary schools, prisons, and mental health facilities. [barbarabash.com](http://barbarabash.com)



September 16-18

## WisdomWomen

### A Visionary Gathering to Cocreate Community & World

**MICHELLE STRANSKY AND MIRIAM TASSONE**

Course 4702-751/Tuition \$470/395/320/245 **SS**

WisdomWomen is a growing movement of women who believe it is time to look in a revolutionary new direction and build our world from a different paradigm. We are not asking whether or not this can be done. We are claiming that it is ours to do.

This workshop weaves community members together to facilitate new social structures and forms of radical cocreation. We create a container of connection, support, and wisdom that uncovers new possibilities. By integrating the restorative elements of retreat with inspirational and collaborative learning, this gathering puts inner wisdom, privilege, and power to work in a way that honors our deepest values. Together we:

- Engage as both leaders and participants
- Gather in small group circles on topic-based themes
- Nurture self in activities such as yoga, movement, and meditation
- Learn through group sharing, exercises, ceremony, and celebration



MICHELLE STRANSKY



MIRIAM TASSONE

This workshop is for all women who dare to express our radical visions, wild wisdom, and unique gifts, and serve a vision of a world where all beings thrive. We invite trailblazers, thought and heart leaders, and paradigm shifters to join us.

The possibilities we birth will be nurtured by WisdomWomen's ongoing support network and offerings.

**Michelle Stransky**, founder of WisdomWomen, is a former management consultant and conference director at Wisdom 2.0. She has participated in and led women's events and courses as a convener, producer, and collaborator. [wisdom2women.com](http://wisdom2women.com)

**Miriam Tassone** is a founding partner and chief executive officer of the consulting firm Be Learning, and founder and leader of Momentum Collective, a social enterprise that brings innovative communication and leadership practices to organizations.

**SS** Special schedule; see eOmega.org

**LE** Limited enrollment; register early

**T** Tiered pricing; see page 17

September 18-23

## The Omega Women's Leadership Intensive

Course 4805-685/Tuition \$570/495/420/345 **SS, MI, LE**



SHARON SALZBERG



LESLIE SALMON JONES



CARLA GOLDSTEIN



MALLIKA DUTT

Whether guiding a family, working in an organization, running a business, or holding public office, leadership involves deciding what matters most. Today, the old “command and control” leadership model is giving way to “connect and collaborate,” and women are playing a central role in this important shift.

This highly experiential workshop is for women who want to use their leadership to create a caring, just, and sustainable future for everybody. Through reflection, dialogue, writing, yoga, meditation, and exploring nature, we delve into our leadership stories, learn from each other, and create a shared understanding of what is needed to bring greater consciousness into the world.

Guided by expert teachers, we examine four women's leadership essentials—values, voice, vision, and voyage—in an intimate setting. Together we:

- Articulate our core values and the values that underlie creating a culture of care
- Strengthen our capacity to communicate in an impactful manner
- Create a compelling and actionable vision for our leadership goals
- Sketch a year's plan to put our values into action, elevate our leadership voice, and advance our vision for change

Whether you are a seasoned leader or beginning your leadership journey, this intensive can help you be the courageous, wise, and nurturing leader the world needs today.

✔ *Workshop begins Sunday at 8:00 p.m. Required reading will be provided upon registration. Enrollment is limited to 40 and requires an application. See [eOmega.org/owlc](http://eOmega.org/owlc) for information.*

### TEACHERS

**Sharon Salzberg** is cofounder of the Insight Meditation Society in Barre, Massachusetts. She is author of many books, including the *New York Times* best seller *Real Happiness*. [sharonsalzberg.com](http://sharonsalzberg.com)

**Leslie Salmon Jones**, creator of Afro Flow Yoga™, is a professional dancer, certified holistic personal trainer, wellness coach, yoga instructor, and public speaker. She has studied and trained with many world-renowned masters of dance, yoga, and spirituality. [afroflowyoga.com](http://afroflowyoga.com)

**Carla Goldstein, JD**, is Omega Institute's chief external affairs officer and cofounder of the Omega Women's Leadership Center. An attorney with 25 years of experience in public interest advocacy, she has worked extensively on issues related to women's rights, poverty, and social justice. [eOmega.org/owlc](http://eOmega.org/owlc)

**Mallika Dutt** is president and chief executive officer of Breakthrough, an international human rights organization that addresses violence against women, sexuality, racial justice, HIV/AIDS, and immigrant rights. [mallikadutt.com](http://mallikadutt.com)

# Become the kind of leader the world needs now.



omega women's leadership center

We thank the following foundations for significant grant support of the OWLC:



We extend special thanks to corporate supporters of the OWLC:





October 21-23

## Speaking Up as a Leader

### Women's Voices in the New Media

**MARIANNE SCHNALL, JAMIA WILSON, AND VANESSA VALENTI**

Course 5702-736/Tuition \$450/375/300/225 **LE**

Do you want to see a media climate that reflects your experience of the world? Build a career that is flexible and focused on creating change? Or, develop real skills in social media, online storytelling, and punditry?

Three influential movers and shakers in online media and gender justice draw on their experience—from award-winning websites, the storytelling and innovation of TED talks, leading-edge media strategies, over a half dozen books, and more than a decade of plotting and celebrating social change—to share what they've learned along the way.

Together, we explore a bold new cultural paradigm as we create and tell the story of self and the story of change. Through strategies and exercises we develop skills to:

- Establish a public platform for our voice
- Understand the basics of blogging, communications, and consulting
- Build a freelance career and portfolio



MARIANNE SCHNALL

JAMIA WILSON

VANESSA VALENTI

- Navigate online organizing
- Skillfully manage controversy
- Grow community both online and off

This workshop builds a powerful network of 21st-century leaders and changemakers.

#### TEACHERS

**Marianne Schnall** is the founder and executive director of Feminist.com, an award-winning women's website and nonprofit organization. Her writings and interviews have been published widely in print and online. Schnall is the author of *Daring to Be Ourselves* and *What Will It Take to Make a Woman President?* [marianneschnall.com](http://marianneschnall.com)

**Jamia Wilson** is a feminist media activist, organizer, and storyteller, and is currently executive director of Women, Action, and the Media. She previously served as the TED prize storyteller at TED Conferences, the executive director of Youth Tech Health (YTH), and vice-president of programs of Women's Media Center. [jamiawilson.com](http://jamiawilson.com)

**Vanessa Valenti** is cofounder of Feministing.com, the most widely read feminist publication in the world, as well as Valenti Martin Media, a next generation consultancy that harnesses the power of communication and community to elevate social change. She is an award-winning blogger, speaker, and online strategist. [vanessavalenti.com](http://vanessavalenti.com)

# OMEGA **NYC**

## Public Speaking for Women Leaders

### A Persuasive Communication Workshop

**BARBARA TANNENBAUM, PHD**

*At the New York Society for Ethical Culture\**

**August 11**

Course UW16-100/Tuition \$595 **SS, LE**

**August 12**

Course UW16-200/Tuition \$595 **SS, LE**



**BARBARA TANNENBAUM**

Refine and deepen your ability to successfully express yourself in an intensive full-day course with expert public speaking strategist Barbara Tannenbaum.

As women, we are leading in new ways and learning to activate the power of our voice when conveying ideas and catalyzing action. In this highly personalized workshop for leadership development, we devise strategies to strengthen our skills to communicate with increased confidence, clarity,

and impact, covering topics such as gender and communication, nonverbal communication strategies, the use of voice to convey leadership, and specific persuasive strategies that influence audiences. We also address ways to overcome blocks to effective communication.

Each participant has the opportunity to deliver a prepared personal presentation that will be video recorded. Presentations may include introductions, mock interviews, fundraising pitches, or political appeals. Instruction includes personal coaching from Tannenbaum, as well as feedback from other participants.

**Enrollment is limited to 10; please register early. Limited scholarships are available, call 800.944.1001 for more information. Lunch will be served and is included in the tuition.**

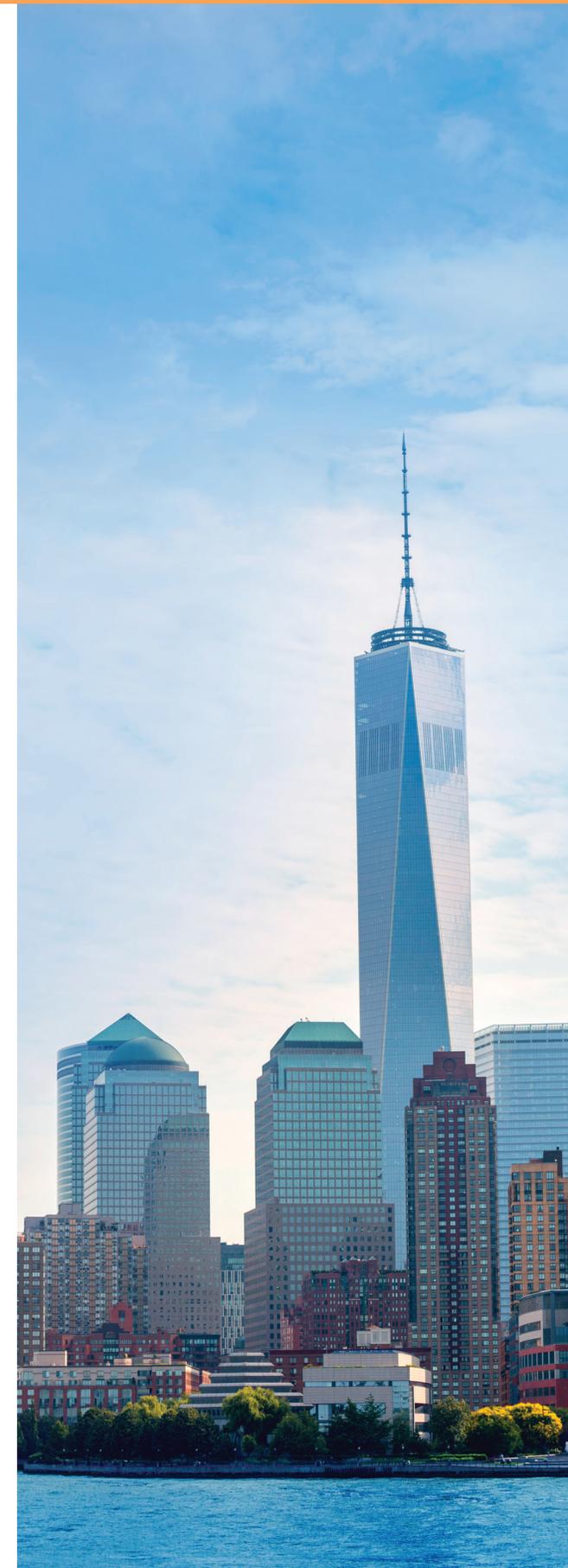
**Barbara Tannenbaum, PhD**, is president of Dynamic Communication and senior lecturer in the Department of Theatre, Speech, and Dance at Brown University. As a teacher, lecturer, and advisor she has worked with many international leaders and with prominent nonprofit and for-profit organizations, including Yahoo!, Lehman Brothers, and the Museum of Fine Arts, Boston.

\*The views, content, and opinions expressed during this event are solely those of the presenter and are not endorsed by the New York Society for Ethical Culture and its membership.

**SS** Special schedule; see eOmega.org

**LE** Limited enrollment; register early

Tiered pricing; see page 17





GLORIA STEINEM

ELIZABETH GILBERT

BONNIE ST. JOHN

ISABEL ALLENDE

## Are you seeking daily inspiration?

### Watch Women & Power Library Online.

Twelve years of the Women & Power keynotes are now available online. Watch video highlights of timeless wisdom offered by extraordinary women, including Gloria Steinem, Eve Ensler, Maya Angelou, Jane Fonda, and more. Hundreds of thought-leaders have addressed the basic questions of how to elevate compassion and empathy; how to replace broken models of power; and how to nurture inner peace while working for peace in the world. We invite you to join a growing community inspired to do power differently.

Please visit [eOmega.org/owlc](http://eOmega.org/owlc) and [facebook.com/owlc.omega](https://facebook.com/owlc.omega) for the latest archive updates. Join the conversation.

## Do you need time and space to reflect and replenish?

### Apply for a Juno Women's Leadership Residency.

The Omega Women's Leadership Center offers weekend and 5-day self-guided residencies to women making a difference in the lives of women and girls. Residents enjoy the use of all campus amenities as well as take part in our Leadership Questions Project to promote dialogue and the sharing of ideas and inspiration.

Named for Juno, the Roman queen of the gods, our residency honors the goddess of genius. She inspires us to maintain our integrity as we claim a leadership that is fair and protective in spirit, and creative, bold, and wise in action.

For more information and the 2016 application, please visit [eOmega.org/owlc](http://eOmega.org/owlc) or contact us at [owlc@eOmega.org](mailto:owlc@eOmega.org).



## Are you part of a nonprofit organization serving women?

### Learn more about the Women Serving Women Summit.

The Women Serving Women Summit provides support to nonprofit organizations working to positively impact the lives of women. Presented by the OWLC, this Summit serves to support those organizations whose work is re-engineering our communities, societies, and world—for the sake of everybody.

The Summit is part of Omega Service Week, which for more than 10 years, has been providing working retreats for nonprofits that strive to meet our most pressing social needs—from environmental sustainability to women's

empowerment, from hunger programs to education, from public health care to the arts. Nonprofits apply for a 2-day, self-led retreat designed to address organizational needs, as well as provide staff and board members with the rest and rejuvenation so crucial for continuing their valuable community service. For more information, visit [eOmega.org/serviceweek](http://eOmega.org/serviceweek).

*We extend special thanks to The Dyson Foundation for its generous support of Mid-Hudson Valley organizations in Omega Service Week.*



## Tiered Pricing

At Omega we believe the benefits of a holistic education should be available to everyone. We offer Tiered Pricing\* on select programs to help meet the varying financial needs of our community. Choose the price that is appropriate for you.

### Tier 1 Friends

This level reflects the price of your workshop plus a tax-deductible donation of \$75 to support Omega and our mission. Choosing this price includes membership in *Friends of Omega* and membership privileges throughout the year.

### Tier 1

This level reflects the price of your workshop and helps Omega continue to retain world-class teachers and sustain classroom facilities.

### Tier 2

This level reflects a partial subsidy toward the price of your workshop and is intended for those with temporary or minor financial need.

### Tier 3

This level reflects our fully subsidized price for those in need of deeper financial assistance.

*\*Tiered Pricing is subject to change and cannot be combined with other discounts.*

## Scholarships

Through the support of generous funders, the OWLC awards a limited number of partial and full scholarships to qualified applicants. To apply, visit [eOmega.org/scholarships](http://eOmega.org/scholarships) or contact [owlcscholarships@eOmega.org](mailto:owlcscholarships@eOmega.org) for information.

## OWLC Vision

We envision women's leadership advancing a future where:

**Women** are valued for their full human potential, live in safety, equality, and freedom, and can express themselves and contribute meaningfully in all spheres of life;

**Men** are free to express the full range of human qualities and share equitably with women in life's responsibilities and joys;

**Our global society** fosters nurturing and mutual relationships, healthy families and communities, and a peaceful, just and sustainable world

**—for everybody.**

## Support the OWLC

Thanks to a generous challenge grant, for every dollar you contribute, the Omega Women's Leadership Center will receive an additional \$4! To help strengthen OWLC programs, create new scholarship opportunities, or to become a sponsor today, visit [eOmega.org/donate/owlc](http://eOmega.org/donate/owlc).



### Advisory Council

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