

omega women's
leadership center
2019 Courses

#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 annually to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

#DoPowerDifferently

Welcome.

We invite you to join a growing community of leaders who are ready for a world where empathy, compassion, and love are integral to leadership.

The OWLC brings together 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 beginning your leadership voyage, our programs are designed for all who identify as women to strengthen their leadership so that we can help create a world that works—for everybody.

Learning at Omega can be fun! While you are here, you have the opportunity to hike on our trails, immerse yourself in the sacred space of our Sanctuary, nap in a hammock by Long Pond Lake, relax in our gardens, or take one of our daily open classes in tai chi, yoga, meditation, and movement. We are also offering new online learning opportunities so you can participate from anywhere.

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

omegawomen's
leadership center

JOIN US IN 2019

Courses are open to all who identify as women. Scholarships are available.

APRIL 11, 12, OR 13, NYC

PUBLIC SPEAKING FOR WOMEN LEADERS

A Persuasive Communication Workshop

MAY 3-5

CENTERING LEADERSHIP IN PRESENCE I & II

Drawing Power From What Matters in Challenging Times

MAY 17, NYC

HOW WOMEN RISE

Energize Your Authentic Vision

MAY 31-JUNE 2

LEADERSHIP IN MID-AIR

Access your Body's Wisdom Through Trapeze

JUNE 7-9

COURAGEOUS CONVERSATIONS FOR WOMEN

Transforming Conflict Into Understanding

JUNE 16, 2019-MARCH 31, 2020

COACHING FOR TRANSFORMATION

A Women's Cohort

JULY 12-14

HOME REPAIRS FOR WOMEN

You Can Do It Yourself

AUGUST 9-11

POETIC POWER

Bring Forward Your Authentic Voice

AUGUST 23-25

FINANCIAL LITERACY & BEYOND

Creating the Lives We Want

SEPTEMBER 13-15

TRUE STORYTELLING WITH TMI PROJECT

New Perspective for Leadership

SEPTEMBER 27-29

WOMEN & POWER

Gathering Our Strength

OCTOBER 20-25

THE OMEGA WOMEN'S LEADERSHIP INTENSIVE

Become the Kind of Leader the World Needs Now

The Intensive is by application only.

AVAILABLE ONLINE NOW

FINANCIAL WELL-BEING

Gaining Wisdom, Balance, & Joy

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?

Which values do you want to nourish and bring forth in your work, in your relationships, and in the world?

The OWLC invites you to engage with us around these important questions.

- **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 experiences 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.

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.



We thank the following organizations for significant support of the OWLC:



HENRY L. KIMELMAN
FAMILY FOUNDATION



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



Omega Women's Leadership Center In New York City

APRIL 11 OR APRIL 12 OR APRIL 13, NYC

PUBLIC SPEAKING FOR WOMEN LEADERS

A Persuasive Communication Workshop

Barbara Tannenbaum

At the New York Society for Ethical Culture* | New York City | 9:30 a.m. to 5:30 p.m.
Course UW19-100 / UW19-200 / UW19-300 | Tuition \$595 (\$535 Members) **SS, MI, 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. Instruction includes personal coaching from Tannenbaum, as well as feedback from other participants.

✔ *Enrollment is limited to 10; register early. Choose from three 1-day events: April 11, 12, or 13. Lunch will be served and is included in tuition. Limited scholarships are available; see eOmega.org/scholarships.*

Barbara Tannenbaum, PhD, is president of Dynamic Communication and senior lecturer at Brown University.

To register, visit eOmega.org/nyc.

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

MAY 17, NYC

HOW WOMEN RISE 🇺🇸

Energize Your Authentic Vision

Sally Helgesen

At the New York Society for Ethical Culture* | New York City | 10:00 a.m. to 5:00 p.m.
Course UW19-400 | Tuition \$345/270/195 (\$310 Members) **SS, MI, LE**



SALLY HELGESEN

Energize your leadership with the confidence to articulate your authentic vision. Explore how women's broad-spectrum focus is uniquely suited to today's world by creating a vision that looks beyond the financial bottom line to the social impact of our choices.

Sally Helgesen brings more than 30 years of working with women visionaries to develop our

vision by examining what we notice, what we value, how we communicate, and why what we see matters.

Through a rich combination of hands-on exercises, group discussions, peer coaching sessions, and interactive lectures, we learn to:

- Use the power of our vision to progress as a leader
- Build allies to increase innovation
- Look inward and trust our intuition to become an authentic leader
- Become more intentional about what we need to embrace—and what we need to release

You leave with experience identifying and sharing your compelling, concise, and authentic vision. Women at any stage of their career are welcome.

✔ *Lunch will be served and is included in tuition. Limited scholarships are available; see eOmega.org/scholarships.*

Sally Helgesen is a global expert on women's leadership and author of *The Female Advantage*. sallyhelgesen.com



ANGEL KYODO WILLIAMS

MAY 3-5

CENTERING LEADERSHIP IN PRESENCE I & II 🇺🇸

Drawing Power From What Matters
in Challenging Times

Rev. angel Kyodo williams Sensei

Course 0902-926/Tuition \$390/315/240 (\$350 Members) **SS, LE**

Leadership can be cultivated by anyone. More than a position, being a true leader calls us to practice ways of being that catalyze collective action toward a shared vision. Yet most of us have learned leadership approaches that have two major obstacles: They don't stimulate the pressure we feel when confronting everyday situations; and they use approaches of the mind to address habits, patterns, and behaviors that are held in our body.

The result? We find it difficult to translate our training and our best intentions into how we show up as leaders.

This workshop for women combines training for the heart-mind with training for the body-mind to be present in another way. Third Way methodology teaches self-diagnostic tools and practical skills you can apply in the moment and over time to take your leadership capacity to the next level.

Learn to use the power of centering in presence to manage energy, exhibit grace under pressure, and listen without taking things personally. Go beyond mind-only practices that allow patterns of ancestral, generational, and day-to-day anxiety to drive you. Tap into the deep wisdom of your body to develop positive boundaries, increase self-awareness, and release unwanted behaviors with self-compassion, humor, and love.

✔ *Scholarships are available; see eOmega.org/scholarships.*

Reverend angel Kyodo williams Sensei is an author, activist, and maverick teacher who bridges the worlds of spirit and justice. angelkyodowilliams.com





LESLIE SALMON JONES



SARAH URECH

MAY 31-JUNE 2
LEADERSHIP IN MID-AIR 
 Access Your Body's Wisdom Through Trapeze
 Leslie Salmon Jones and Sarah Urech


Course 1702-927/Tuition \$410/335/260 (\$365 Members) **SS, LE**

This experiential workshop focuses on our body as a source of power that can serve us in our everyday challenges as leaders, whether we're navigating family life, operating a business, doing volunteer work, or taking a stand for what we believe in.

We leap into action by "flying" for an optional session with the Trapeze-Experience™ team and access our strength and boldness. We also engage in Afro Flow Yoga™, movement, singing, and personal and group reflection, to:

- Expand our sensory awareness of our body
- Cultivate the capacity to take risks, overcome fear, and go beyond our edge
- Activate the integration of our body, mind, and spirit
- Create a daily plan to implement embodied practices

In a community of supportive women, we discover why improving our relationship with our body is crucial for leadership development.

 *All levels of fitness and background are encouraged. Trapeze is optional. For beginner trapeze students, safety lines are used at all times. Scholarships are available; see eOmega.org/scholarships.*

Leslie Salmon Jones, creator of Afro Flow Yoga™, is a professional dancer, holistic personal trainer, wellness coach, and public speaker. lesliesalmonjones.com

Sarah Urech is the Omega Women's Leadership Center director, a multilingual performer, and social worker. eOmega.org/owlc

JUNE 7-9

COURAGEOUS CONVERSATIONS 
 Transforming Conflict Into Understanding

Diana Adams

Course 1902-928/Tuition \$380/305/230 (\$340 Members) **LE**


Do you avoid conversations that involve critical feedback, disagreement, or saying no? Do you ask for less than what you really want? Are you looking for a way to deepen your relationships?

When we skip or mishandle important conversations to avoid conflict, we miss opportunities for connection and compassionate problem-solving. We also don't get what we want, leading to dissatisfaction. In a professional environment, courageous communication is an essential leadership tool to become a strong supervisor or advance on a team. In personal relationships, these skills help us manifest the relationships we want and enhance intimacy.

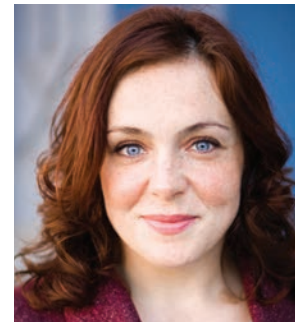
Join mediator and communication educator Diana Adams to hone techniques for empathetic, assertive communication during conflict, including roleplay, active listening, verbal de-escalation, boundary-setting, Non-Violent Communication, and mediation. Throughout the workshop you:

- Uncover internal and external obstacles to communication with an intersectional lens
- Learn to advocate for yourself to improve your relationships
- Plan a courageous conversation or two that you will have when you return home

All women who want to enhance communication skills to be more powerful in their personal and professional relationships are welcome.

 *Scholarships are available; see eOmega.org/scholarships.*

Diana Adams, Esq., is a leading mediator and collaborative lawyer teaching communication techniques that de-escalate conflict and support assertive communication. dianaadamslaw.net



DIANA ADAMS

JUNE 16, 2019-MARCH 31, 2020
COACHING FOR TRANSFORMATION: A WOMEN'S COHORT
 A 9-Month Professional Coaching Certification Program

Course 2205-141/Tuition \$8,495 (\$8,395 Members) **SS, MI**
 Call 800.944.1001 to register.



MARY K. KUENTZ



SHARON BROWN



MADHU KRISHNAPPA MARON

How can we be more humane, compassionate, and loving, while still feeling accomplished in the world? Join a cohort of women inspired to learn a holistic approach for living that draws on the best aspects of the feminine and masculine.

Coaching for Transformation: A Women's Cohort helps you study and practice coaching in a safe and courageous environment where issues facing those who identify as women—including leadership, communication, and identity—are explored in a sacred space of transformation.

Open to all who identify as women, this unique Coaching for Transformation (CFT) certification course recognizes and celebrates women as catalysts for transforming themselves, their communities, and their world. While many coaching models focus on taking action, the CFT process helps women break through limiting beliefs, become aware of the wisdom in their bodies, identify their emotions, and understand underlying needs.

This 9-month coach certification program, accredited by the International Coach Federation begins with a weeklong intensive at Omega. After your initial week of training (June 16-21), you deepen relationships and training with online webinars (Tuesdays at 7:00-8:30 p.m. EST; June 25, 2019-March 31, 2020), discussions, and assignments complemented with three additional weekends on campus: August 9-11, September 20-22, and October 25-27, 2019.

As you work through curiosity and openness, you align with your personal power, strengthen your authentic voice, and connect with a clarified sense of purpose. Whether you are a parent desiring to strengthen your presence in your family, a business owner seeking to grow in leadership, or a social activist called to catalyze change in your community, Coaching for Transformation: A Women's Cohort equips you to take heart-centered action for yourself, your community, and the world.

 *Teachers are subject to change. For more information, see eOmega.org.*

JULY 12-14

HOME REPAIRS FOR WOMEN

You Can Do It Yourself

Judaline Cassidy and Taji Riley

Course 2902-989/Tuition \$380/305/230 (\$340 Members) MI, LE

Want to take your DIY-skills to the next level? Doing It Yourself can be fun and can help you approach other life challenges with newfound confidence. In this hands-on workshop, you gain comfort with jobs frequently left to professionals: plumbing and carpentry. Judaline Cassidy and Taji Riley are passionate about working with women to help them overcome their fear of DIY and learn to take on fixing things without calling for help.

Throughout the weekend, you tackle projects to confidently improve your home and:

- Understand the basics of plumbing and carpentry
- Handle tools, including drills, hammers, and plumbing equipment
- Learn to install a sink faucet
- Make a table from reclaimed wood pallets

You leave feeling empowered to complete fix-it projects instead of calling a professional tradesperson or putting off getting it done.

Judaline Cassidy is a plumber, activist, trailblazer, and founder of Tools & Tiaras Inc. toolsandtiaras.org

Taji Riley is an expert carpenter dedicated to helping women gain comfort working in the trades.



JUDALINE CASSIDY



TAJI RILEY



AJA MONET

AUGUST 9-11

POETIC POWER

Bring Forward Your Authentic Voice

Aja Monet

Course 3702-143/Tuition \$375/300/225 (\$335 Members) LE

Calling women leaders, storytellers, visionaries, and lovers of language. Join award-winning poet Aja Monet for an exploration of the power that metaphor has in our daily lives and ignite your authentic voice. Discover how language shapes and arranges our world, as well as our ability to imagine a new world where we can #DoPowerDifferently.

Poetry is a way of perception. You don't have to write poetry to be a poet, however all poets see the power of poetics in everyday life. What do we already know and how does that shape our visioning? Throughout the weekend, we celebrate the human search for meaning and strengthen our capacity to bring the power of poetry into our leadership.

During this intimate and experiential poetry workshop, we combine working with body exercises and writing prompts to transform how we look at our role in the world and how we can fully express our values in all that we do.

👉 Scholarships are available; see eOmega.org/scholarships.

Aja Monet is an award-winning poet, performer, singer and songwriter, educator, human rights advocate, and featured speaker at the Women's March, reading the title poem from My Mother Was A Freedom Fighter.

ajamonet.com

AUGUST 23-25

FINANCIAL LITERACY & BEYOND

Creating the Lives We Want

Manisha Thakor

Course 4102-955/Tuition \$385/310/235 (\$345 Members) LE

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

During this uplifting course, we increase our fluency and comfort with how money impacts our personal lives.

Using a holistic, spirit-centered approach we learn about:

- 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 and relationships—financial topics to discuss with romantic partners, adult children, elderly parents, and financial professionals

Through lectures, solo exercises, and group sharing, this lively workshop teaches us how to create the financial life we want. We gain a sense of calm and confidence about the role of money in our lives.

👉 \$25 materials fee; include when you register.

Manisha Thakor, MBA, CFA, CFP, is vice president of financial education at Brighton Jones. With more than 25 years in financial services, she focuses on helping women joyfully claim their financial power. moneyzen.com



MANISHA THAKOR

SEPTEMBER 13-15

TRUE STORYTELLING WITH TMI PROJECT

New Perspective for Leadership

Hayley Downs and Dara Lurie

Course 4702-146/Tuition \$380/305/230 (\$340 Members) MI, LE

Guided by TMI Project workshop leaders Hayley Downs and Dara Lurie, 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 for women, we use writing prompts and exercises to help us write from our whole selves—including the TMI (Too Much Information) parts that are usually left out because of pain or embarrassment.

Through sharing stories and feedback, we:

- Release stigma to feel unburdened and empowered by our stories
- Gain confidence writing a true story without concern for grammar or punctuation
- Strengthen our ability to be effectively heard and practice speaking in front of others
- Learn to elicit listener identification and understanding, and inspire social change

Hayley Downs is a storyteller across mediums, including writing, filmmaking, and creating art installations. tmiproject.org

Dara Lurie is an author and book coach who is passionate about helping people create transformational writing. tmiproject.org



HAYLEY DOWNS



DARA LURIE

WOMEN & POWER

GATHERING OUR STRENGTH

September 27-29

2019

The question is not if women should and can be powerful in all spheres of human activity. We know we should and we know we can. The question is: Will women do power differently? Will we gather our strength to heal, help, and build a better world?

—Elizabeth Lesser

Speakers and Workshop Leaders Include

WEEKEND CONFERENCE

SEPTEMBER 27-29

WOMEN & POWER

Gathering Our Strength

Course 5102-881/Tuition \$425/350/275 (\$380 Members) **SS**

For almost 20 years, women from around the country and the world have been inspired by Omega's Women & Power conferences and retreats, all dedicated to the call to "do power differently." Our conference this year features keynote talks, panel conversations, and entertainment popping up throughout the weekend and across the campus—a festival of resilience and rejuvenation. It's a chance for each of us to gather our strength and take it back home to our families, workplaces, and communities.

If ever there's a time for women to share ideas and renew our commitment to a better world, it is now. Join us.

Your Women & Power Experience Includes...

- Keynote talks, panel conversations, and entertainment
- Breakout workshops that offer a range of options, including leadership skills, stress-reduction, community building, and creativity
- A diverse community where new friendships and collaborations happen naturally Rejuvenation opportunities at the Wellness Center and in daily yoga, meditation, and movement classes
- Delicious, healthy meals
- The Omega Campus with gardens, walking paths, lake, bookstore, café, and more...

For information about schedule, scholarships, and additional presenters, see eOmega.org/owlc.

✓ Teachers and presenters are subject to change.



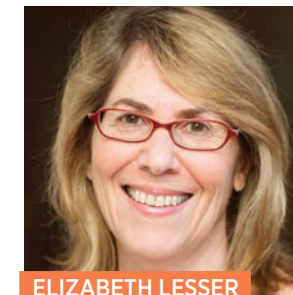
TARANA BURKE

Founder of the "Me Too" movement, senior director of Girls for Gender Equity



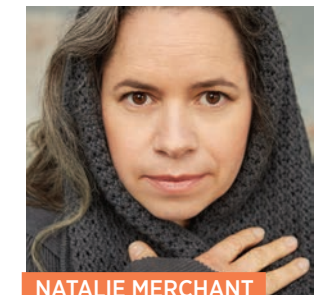
ROXANE GAY

Writer, professor, commentator, and author of the *New York Times* best-selling *Bad Feminist* and *Hunger*



ELIZABETH LESSER

Cofounder of Omega Institute and the Omega Women's Leadership Center and *New York Times* best-selling author



NATALIE MERCHANT

Acclaimed singer-songwriter over three decades, environmental activist, and a champion of women and girls



T. MORGAN DIXON & VANESSA GARRISON

Cofounders of GirlTrek, the largest public health nonprofit for African-American women and girls; a movement to eliminate barriers to physical activity and improve the walkability of 50 high-need communities across the United States



RIANE EISLER

Systems scientist and cultural historian with a focus on creating a world based on partnership rather than domination



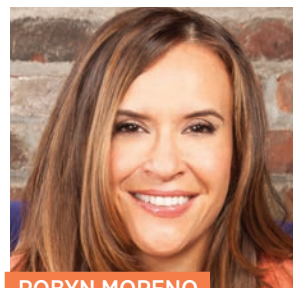
NANCY FOLBRE

Professor of economics with an emphasis on unpaid care work and author of *The Rise and Decline of Patriarchal Systems*



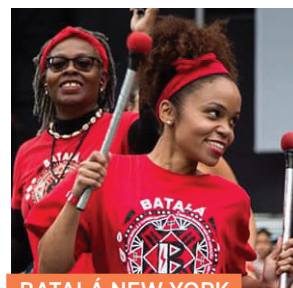
ANA OLIVEIRA

President and CEO of The New York Women's Foundation, the largest public women's foundation in the country



ROBYN MORENO

Storyteller, leader, spiritual seeker, and Emmy-nominated TV host who serves as a champion of women and Latinxs everywhere



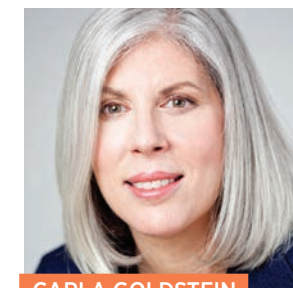
BATALÁ NEW YORK

Part of a global arts project made up of over 30 bands around the world. Batalá brings the joyous music of Bahia, Brazil to Omega to help us gather our strength



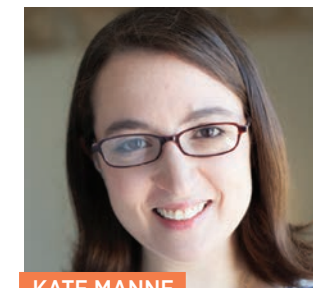
SARAH PETER

An artist, cofounder of the Omega Women's Leadership Center, and visionary supporter dedicated to helping improve the lives of women and girls



CARLA GOLDSTEIN

Omega Institute's chief external affairs officer, cofounder of the Omega Women's Leadership Center, and attorney with 25 years in public interest advocacy



KATE MANNE

Professor of moral, social, and feminist philosophy at Cornell University and author of *Down Girl: The Logic of Misogyny*

OCTOBER 20-25

THE OMEGA WOMEN'S LEADERSHIP INTENSIVE

Become the Kind of Leader the World Needs Now

Course 5805-867/Tuition \$495/420/345 (\$445 Members) **SS, MI, LE**

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, movement, meditation, and contact with nature, we delve deep into our leadership stories and engage in transformative exercises that awaken us to do power differently. We examine current and historic systems of power, privilege, and domination, how they intersect, and learn what we can do to advance change and shape a new narrative.

Together we:

- Articulate our core values to create a culture of care
- Strengthen our capacity to communicate with impact
- Create a compelling and actionable vision
- Engage in a deep exploration of self to become a more authentic leader
- Incorporate self-care practices, intersectionality, and empathy into our work
- Sketch a year's leadership plan to advance our vision for change when we return home

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.

 \$25 materials fee; include when you register. Application required; see eOmega.org/owlc. This workshop begins Sunday at 8:00 p.m. Teachers are subject to change.

“THERE WAS LIFE BEFORE OMEGA AND LIFE AFTER OMEGA. THIS WAS A WATERSHED MOMENT IN MY LIFE.”

—Women's Leadership Intensive participant

Mallika Dutt, founder of global human rights organization Breakthrough, is a leading innovator in producing multimedia experiences that have shifted the hearts and minds of millions of people.

mallikadutt.com



MALLIKA DUTT

Leslie Salmon Jones, creator of Afro Flow Yoga™, is committed to the empowerment of all people to develop mastery over their physical, emotional, mental, and spiritual well-being.

lesliesalmonjones.com



LESLIE SALMON JONES

Carla Goldstein is Omega Institute's chief external affairs officer, cofounder of the Omega Women's Leadership Center, and has over 25 years of public interest advocacy experience.

eOmega.org/owlc



CARLA GOLDSTEIN

Sarah Urech is the director of the Omega Women's Leadership Center. A multilingual performer and social worker, she has performed and taught in 16 countries.

eOmega.org/owlc



SARAH URECH





OMEGA WOMEN'S LEADERSHIP CENTER ONLINE



An interactive course presented on Omega's new online learning platform

AVAILABLE NOW

FINANCIAL WELL-BEING

Gaining Wisdom, Balance, & Joy

Manisha Thakor

Course WB19-101/Tuition \$179 (\$160 Members)

In this dynamic, self-guided online course for women, you dramatically increase your fluency and comfort with the role that money plays in your life regardless of the amount you have.

Money can stir up a wide range of emotions—including shame, confusion, and fear. Those strong emotions are compounded by the taboo nature of talking about money; the absence of formal personal finance education; and systemic barriers based on gender, race, and class.

Learn both financial and emotional tools and tactics to move you toward financial well-being—defined as experiencing calmness, clarity, and confidence around your personal finances.

Hands-on learning includes video, written content, and interactive discussions. No mind-numbing jargon or unnecessary multisyllabic words allowed!

Through a series of 10 modules, you:

- Describe healthy money habits, cash flow, debt and risk management, credit scores, and investing with ease
- Examine your money story to improve your relationship with money
- Apply finance and investing principles to encourage financial stability and growth
- Learn skills for speaking with loved ones about financial habits, goals, and decisions

Manisha Thakor, MBA, CFA, CFP, is vice president of financial education at Brighton Jones with over 25 years in finance. moneyzen.com

Omega Women's Leadership Center

COFOUNDERS

Elizabeth Lesser
Carla Goldstein
Sarah Peter

STAFF

bobbie arrington
Alma Rodriguez
Sarah Urech

ADVISORY COUNCIL

Isabel Allende
Jennifer Buffett
Majora Carter
Sister Joan Chittister
Eve Enslar
Sally Field
Eileen Fisher
Jane Fonda
Pumla Gobodo-Madikizela
Ubaka Hill
Pat Mitchell
Hibaaq Osman
Edit Schlaffer
Gloria Steinem
Loung Ung
Ann M. Veneman

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 2- 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.

For more information and the 2019 application, please visit eOmega.org/owlc.

Learn. Connect. Get inspired.

Member support makes everything we do possible. Help Omega build a more compassionate, sustainable, and peaceful world, plus enjoy a wide range of benefits.

Become a Member today.

eOmega.org/membership

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

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 scholarships to qualified applicants.

To apply, visit: eOmega.org/scholarships.

SUPPORT THE OWLC

We believe that now, more than ever, the world needs bold, compassionate women leaders. Help us nurture and inspire the next generation of women leaders who will meet the world's challenges with courage and wisdom.

Contact us to learn how your gift today, or the promise of a gift from your estate, will ensure that the OWLC will support women who strive to Do Power Differently®.

Visit eOmega.org/donate/owlc or contact us at development@eOmega.org.

Omega Institute is a 501(c)(3) nonprofit organization.

OMEGA

150 Lake Drive
Rhinebeck, NY 12572

key code

customer #



omega women's
leadership center

#DoPowerDifferently

OMEGA

150 LAKE DRIVE • RHINEBECK, NEW YORK 12572 • 800.944.1001 • eOmega.org

