



## 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)

**Invitee Participant Survey:** Organizations invited to participate in the Women Serving Women Summit will be sent a link to an invitee participant survey in early January to complete by February 1, 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 and optional activities to support relationship building and/or learning while creating opportunities for 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:**

*Invitee organizations agree to:*

- Plan and facilitate an 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 Omega's registration department to register
- Participate in the entire Summit, including attending the Opening
- Be prepared to introduce organization and retreat goals to other participants
- 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

Awakening the Best in the Human Spirit

## Background

In 2005, Nonprofit Retreat Week<sup>1</sup> 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 upon 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. It will be held Monday, May 29 through Wednesday, May 31, 2017. The **Women Serving Women Summit**, convened by the [Omega Women's Leadership Center](#) (OWLC), focuses on organizations that are working in particular to serve the interests and needs 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.

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

## 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.

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<sup>1</sup> 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.

## **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, assigned meeting rooms, 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.

# 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.

**Who is invited to the Women Serving Women Summit?** In 2017, all Collaborative Pilot Partner leaders and their organizations are being invited to attend the Summit. Participating organizations have demonstrated their alignment with OWLC, are poised to take advantage of networking opportunities, and are actively addressing systemic inequality. This retreat opportunity will support these organizations to gain clarity, strengthen relationships, rejuvenate in beautiful, natural surroundings, and build connections with other nonprofits.

## **How do I submit my Invitee Survey?**

Please follow the directions at the end of the survey.

## **What is the deadline to submit our Invitee Survey?**

The deadline for receipt of your completed survey is **February 1, 2017**.

## **What about travel costs?**

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

## **What if I still have questions?**

If you have a question that was not addressed in our FAQ, please contact the Omega Women's Leadership Center at [owlc@eomega.org](mailto:owlc@eomega.org)