Taking Care of Your Self and Your Staff:  
Strategies for Personal and Professional Renewal

Saturday, January 23, 2016 from 1:00pm to 5:00pm 
Sunday, January 24, 2016 from 9:00am to 12:00pm

Seminar to take place at: 
The League of American Orchestras 
33 West 60th Street, 5th floor 
New York, NY 10023

Self-care may feel like a luxury, one that you, your busy life, and your staff just can't afford. But, in truth, self-care is a necessary discipline—one that will enable you to do your best work, to be more fulfilled by it, and to sustain yourself and your organization over time.

This seminar, led by nationally recognized leadership development expert Ronnie Brooks, will teach you to

- Recognize the importance of self-care
- Care for yourself
- Create an environment that will nurture the creativity, energy, and effectiveness of your colleagues as well.

You will leave with concrete, actionable, and practical steps to take and tools to use to create a more effective, satisfying and sustainable workplace for yourself and your colleagues.

Faculty: Ronnie Brooks, founding director, James P. Shannon Leadership Institute, St. Paul, Minnesota
Saturday, January 23, 2016

1:00-1:15pm  Welcome and Course Overview
How can one create and maintain a work environment that enables you as leaders and your staff to do the required work in a way that is effective, satisfying and sustainable and—at the same time—nurture individual growth and creativity?

1:15-4:30pm  Individual Reflection and Interactive Exercises
Through a set of exercises, you'll develop:
- An approach to individual and organizational renewal
- A framework for sustaining yourself as a leader; and
- A framework for further developing the talents and effectiveness of your staff.

4:30-5:00  Close of Day
Develop a question for overnight reflection in preparation for Sunday's work.

5:00  Adjourn for the Day

Sunday, January 25, 2015

9:00-9:30am  Welcome, Review of Day One, and of Your Overnight Reflection

9:30-11:30am  Applying the Practices
Different strategies and practices that have been used with success to nurture energy, creativity and commitment within individuals and among work teams. We’ll explore how to apply these strategies and practices to your own life and work, how to gradually introduce these practices to your organization. Emphasis will be placed on practical and readily actionable approaches that can catalyze and sustain change.
11:30am-12:00pm  Questions & Your Next Steps
12:00pm  Adjourn

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