



# WOMEN RISING (SF)

Oct 13, Nov 16, Jan 12, Feb 11-12, Mar 23 | Head-Royce School

How do women in education develop the skills to lead with passion, resilience and resonance? How do we create and maintain balance in a field that demands deep levels of commitment, thought, time and dedication? How do we find ways to practice and maintain the hope, mindfulness and compassion that are essential to renewal and resilience as leaders in the face of demanding workplaces?

With four half-day workshops spread throughout the year we will explore themes of resonant leadership, developing your signature presence, self-care and balance, resilience, and the relationship between personal renewal and professional excellence. There will be opportunities to bring your individual questions and challenges to this supportive group.

In February, we will attend a 'mini retreat' overnight at the Green Gulch Farm and Zen Center in the beautiful coastal Marin Headlands. We will gather together for reflection and renewal, walk to Muir Beach, eat well and enjoy.

Visit [womenrisingcatdc\\_2017.eventbrite.com](http://womenrisingcatdc_2017.eventbrite.com) to REGISTER!

## FACILITATORS



**CRYSTAL LAND**, is an experienced educator, facilitator and conference leader. She has served in many positions in her 25-year career at the Head-Royce School in Oakland including Assistant Head/Academic Dean, Director of Admissions and her current position as Head of School. She coaches school teams, leads in-services and finds innovative ways to make schools vibrant (and fun) places to work and learn..



**KRISTI THOMPSON**, is the Lower School Learning Specialist at Head-Royce Lower School. Before her over ten-year tenure as a Learning Specialist she was a teacher and also worked in museum education. She is a graduate of UC Berkeley, Mills College, and JFK University.

**QUESTIONS?** Contact us at [info@catdc.org](mailto:info@catdc.org)

