



WISE WOMEN RISING

MIDWIFING THE PRECIOUS WORK OF WISE WOMEN



facilitator's guide

"an invitation to replenish"

ONLINE RETREAT

10th to 20th JULY 2020

A 10 day program of wonderful online
retreat offerings for women by women



Wise Women Rising Day Retreat
Grace Revolution Collingwood,
December 2019

Wise Women Rising Welcome Sessions
Zoom April & May 2020

an invitation

to REPLENISH
in a community of wise women

Dear Wise Woman

Welcome and thank you for your heart's consideration...
of sharing some of your precious work with us at the
Wise Women Rising online retreat.

What a delight it would be to receive your
gifts and talents.

This guide is intended to support your clarity on some
of the commonly asked questions.

We'd like to enlist your support in creating
sessions around the theme of
"replenishment"... exploring self-care habits,
practices, stories, new ways of being and
doing that support a 'new normal' that's
deeply life serving for you.

We sincerely look forward to reading more about how
you might like to contribute!





what are we asking you to be a part of?

Wise Women Rising is holding space for an online retreat that replenishes and enlivens you as both a contributor and participant.

As a participant you'll be able to "create your own adventure" by selecting from sessions created across the following 3 session types, and as a contributor we'd ask you to create work you can offer to share within these as well.

THREE SESSION TYPES

learning circles

(1.5 - 2.0 hrs)

Group workshops that you include us in (not webinars) on any and all possible topics to support Wise Women.

*Applications that in some way support one or more of the

"3 Great Adventures" will be well received...

1. to Belong, 2. to Contribute and
3. to Thrive

(see wheel on our website home page)

nourish me time

(1.5 - 2.0 hrs)

Group activities that you lead us into, that we can do ourselves in our own environment, then check back in with you at the end of the session; like walking empathy, yoga, rituals for our home space, journaling, art, craft or other creative processes.

sacred time

(1.5 - 2.0 hrs)

Group gatherings where you'll guide us into ceremony, (no learning content) with the focus on being, presence, body connection, meditation offerings etc.

The Opening Circle and Closing Circle for the Retreat will be Ceremonial Spaces.

We aim to support the new rhythms we guess that you and many other women are wanting to integrate into life as we move past the initial shocks of Co-Vid19.

Can you see your offer fitting into one of these three session types?

Questions & Answers

For Retreat Session Facilitators

Do I have to become a member of Wise Women Rising to offer something in an online circle at the retreat?

No. Our intention is to open our hearts to all women who might like to come and share the adventure of co-creating this 10 days online retreat... perhaps it's a little bit like an "open house" for our community to introduce itself and hold space for a wider community of women to see if they enjoy 'how we be' and what we do.

Our hope of course is that some of the women who come to the retreat might appreciate and value the experience and the connections they create, so much so that they decide to join us after the retreat to learn more about becoming a member of our time trading exchange.

Perhaps you'll be one of those women? We'd be delighted :-)

Can I offer one-on-one sessions at the retreat or is it limited to group only?

It is limited to "groups only" during the retreat, with the exception of...

1. the paired empathy walks (though these sessions will start as a group so that some instructions can be shared and women can be paired), and
2. the breakout rooms will be being used for pairs work at times during group sessions.

We are envisioning a time for women to deepen their practice of empathy, while they experience community, belonging, contribution, gratitude, generosity and a sense of thriving as part of a community of women "leaning in" to the possibility of their becoming Wise Women for our times.

Questions & Answers

For Retreat Session Facilitators

What size groups are expected?

We're not entirely sure how many women will come to this first online retreat, we have 60 on the guest list and are asking friends to spread the word and invite women they think will appreciate what is being created. In terms of your session, that's up to you. We give you options on your registration form to put a limit on your group size to meet needs for yourself for your sense of safety and your participants too. We'd request you do make space for a minimum of 4 or 5 women just to give enough places for it to be a sense of community for those attending, including you.

Can I offer more than one session at the retreat? Like part one and two? or two different sessions?

Yes to both. We aim to co-create a really welcoming space for you to express what is "calling" in you as your precious work to share...and in the shape it wants to be shared. We want to celebrate you for stepping forward. **We are also holding care to protect a sense of spaciousness in the program** and may ask for your consideration to "postpone" one or more of any extra sessions to our next retreat if we are inundated with similar offerings for this program.

Do I have to drive the technology myself? What if I don't know zoom very well?

We will ask you on the registration form how familiar you are with the technology (so we can assist you if needed) and in any case we will aim to assign a "space guardian" to support you with anything you need in your session, including an empathy checkin before your session starts and/or after your session ends, if you'd like that.

Questions & Answers

For Retreat Session Facilitators

Do I have to be qualified in the work I'm presenting?

Of course we would request that you are responsible to any laws that relate to the field of speciality you work in, for example not giving financial advice if you're not a licensed advisor or accountant, that is pretty black and white. If you are however, offering a "money healing" program for example, then that is different (not giving advice) and we would 100% support you to create new work in this area to share.

Wise Women Rising distinguish ourselves as an "incubator community" for women's purpose work that is emergent...where dreams for self expression can be realised. So if you are for example. a recent student of a new modality, or, someone who has a stack of modalities and is wanting to create something unique to you, or someone experienced who wants to create a new offer and would love some feedback... then this retreat is the perfect opportunity for you to create something to "try out" with our receptive community of Wise Women supporters.

Do I have to be a certain age or have a certain level of experience to be involved?

We welcome all women who are committed to deepening their own wisdom. Our mission is to support women to feel valued and visible as they age, no matter what age they are now. Certainly there are a majority of women over 40 who seem to be more drawn to what we do because of their stage of life... beginning to have the space and time and motivation to devote to a passion or purpose-led business project.

Why are you asking everyone for consent to record the zoom sessions at the retreat?

We'd be very grateful for your consent to record during the retreat as we are a co-learning community and value both as facilitators and attendees to be able to re-visit sessions in which we have interest. That also means you get a copy to reflect and evolve your approach for future sessions. It also means that we can gather the retreat sessions into a collection and perhaps offer these for free (or by donation) via our wisewomenrising.com.au website. If you do not agree to recording please speak with us. It matters that we honour your choice,

Questions & Answers

For Retreat Session Facilitators

You've asked for "new" work, can you explain?

Our Request of all Session Facilitators applying for the Online Retreat is that you create offerings that are NEW (not a presentation you can offer on "autopilot") When we say new we mean that we're requesting that you offer work that's not "old" to you, not work you've done many times...we want you to bring a sense of your curiosity and excitement to be sharing what you're bringing as a gift to yourself as much as a gift for us attending. We want to invite you to your "learning edges". It is our mission to be an incubator for you, a womb space, for such adventures of the heart.

What do you mean by feminine inspired business practices?

As a community this is something that we are committed to answering together. We have a sense that the more intuitive, compassionate, earth connected, nurturing, heart-based, empathic and holistic community perspective might be considered feminine...but perhaps only because of the damage done by the (patriarchal) system of organisation that has dominated our culture. We imagine that there are many men and women practicing these qualities in their relating, their families and businesses. Our intention is to practice and cultivate work that celebrates these more 'feminine traits' by explicitly practicing self-connection, body appreciation, compassion and empathy. As a community we host opportunities for learning in compassionate communication (Nonviolent Communication - Marshall Rosenberg) as just one of the many ways that we can bring skills to our expression of valuing each other with deep care and respect as we collaborate and work together on the things that really matter to us.

Tara Brach, Buddhist teacher and western psychologist, says that for her, creating "meaning" is a concept, residing in the thoughts, in the head... and mattering and longing are more feminine, living and emanating from the experience in the body, from love. This speaks directly to the work we see of creating community around the wisdom of the feminine.

Questions & Answers

For Retreat Session Facilitators

What might be some of the lovely benefits of participating?

Self-Connection Practices
Community and Contribution
Creativity, Play and Fun
Empathy and Belonging
Nurture your Energy
Explore Learning Edges
Connect with Supportive others
Live into the work you love
Listen to your Needs
Ceremony and Gratitude
Inspiration Moving Forward
Movement and Being
New connections, women friends
Exploring Replenishment as part of your
New Normal

IMPORTANT DATES

FOR RETREAT FACILITATORS

Applications Open: 20th May Applications Close: 15th June

Acceptances and program consultations: 15th - 20th June

Final Program Announced: 25th June 2020

thank you

Lastly, we're moved to share that as a 'session facilitator' at this online retreat you will hold a special "Wise Woman" place in the heart of the Wise Women Rising community for the 10 days...

your energy and your work really matters and we trust now that you've got more of an understanding of the community intentions for this retreat, that you'll be able to share work from your heart knowing that we see you and support you in doing so...

creating a space that is genuine and caring for the many wise women coming, to enable them to experience a greater sense of belonging, contribution and thriving.

Our commitment to you is that we promise to collectively hold space for you to birth your emerging precious work...like a birthing room that is warm and nurturing as a space for you to create, play and dive within to explore your true expression... what a privilege it is for us to receive.

we are so glad you are here



Step 1

Read through the facilitators guide and email if you have any clarifying questions karen@activatewellbeing.com

Step 2

Fill in your "application" form via this link (it's just to help me organise the schedule of lovely facilitators details).

<https://form.jotform.com/201432756470856>



Optional

Register to attend one of the upcoming Monday community calls on zoom, to be able to connect with other women who are creating something for the retreat...this is an open sharing and question session.



humanix

WISE WOMEN RISING
ONLINE RETREAT
10th to 20th JULY 2020

GATHERING TO MIDWIFE AN ABUNDANT GARDEN
OF WISE WOMEN AND THEIR GIFTS

Wise Women Rising is an ONLINE time trading community
melding together the precious work of Wise Women.

Wise Women Rising
Zoom Community Call - Wise
Women Rising Online
Retreat "An invitation to
Replenish"

Mon 15th Jun 2020, 12:00 pm - 1:00 pm
AEST
[+ 2 more dates](#)

Price **FREE**

[Get Tickets](#)