



Philia Dialogue on Citizenship and PLAN *Institute for Citizenship & Disability* offer

# REFLECTIONS on INSPIRATION

MAY 27 - 29, 2002

*A retreat for leaders of non-profit agencies interested in reconnecting  
with the source of their inspiration.*

**LEADERS** in the non-profit sector face tough and often competing challenges

- Managing and fine tuning a complex array of programs and services
- Striving for perfection in their work
- Compensating for the limitations and side effects of their services
- Transforming their agencies to reflect universal values and foundational principles

**THESE** challenges are even tougher in times of rapid change. This is the environment we find ourselves in today. We set impossibly high standards for ourselves as leaders; are asked to do more with less; and have no time to think let alone reflect on the implications of our actions and reactions. And we can neglect our own physical, mental, emotional and spiritual health. We also lose touch with the source of our inspiration — busy lives, grueling schedules, demanding technology have that effect.

**UNCOVERING** the source of our inspiration, protecting and nurturing it, will provide us with the energy to deal with moral dilemmas, and to maintain our integrity and compassion.

**THIS** retreat is designed with the premise that inspiration exists deep within each of us.

**INSPIRATION** is a source of energy based on spiritual unity or connection between the universe and our soul. Removing the veils which cloud our inspiration requires time, thought, no thought, and reflection in comfortable, uninterrupted surroundings.

**THIS** retreat will provide opportunities for:

- Dialogue and discussion
- Exploration and reflection
- Consideration of new ideas and actions

**ATTENDANCE** at this retreat will be limited to 20 people. We ask that you commit only if you can attend the whole retreat. In consideration of others we ask that cell phones, laptops and other distractions be left at home. Arrangements can be made for emergency messages to be received promptly.

**WE** promise good food, good company, hospitality, opportunities for discussion and dialogues, exercise, quiet, song, laughter and inspiration.

### **YOUR HOSTS:**

**Vickie Cammack**, Executive Director, PLAN Institute for *Citizenship & Disability* and **Al Etmanski**, Coordinator, Philia Dialogue on Citizenship and Disability.

**INSPIRATION** will be provided by Jacques Dufresne – a noted Quebec journalist, author, public thinker and philosopher. So popular is Jacques on any of the public issues of the day that he is often referred to as the “Socrates of Quebec.”

**FOR** more information please call (604) 439-9566 or send an email to: [inquiries@plan.ca](mailto:inquiries@plan.ca).

