

Cultivating Wisdom:

Sage-ing Circle™ Facilitators Training Workshop

“The road of life twists and turns and no two directions are ever the same. Yet our lessons come from the journey, not the destination.”

—Don Williams, Jr.

What is Sage-ing®?

Sage-ing is a wisdom- and contribution-based approach to focusing on the importance of the stories, experiences and lessons accumulated throughout the journey of our lives. Sage-ing evolved from Native American traditions that value respect and experience and teach members of a community how to cultivate their wisdom and pass it on to future generations.



Sage-ing® Circles

Sage-ing Circles are enjoyable and powerful conversations about life. Personal, family, community and global issues are discussed with wisdom, maturity and compassion.

Sage-ing Circles are places where many find:

- Pathways to cultivating wisdom
- A means for discovering life's purposes
- Improved relationship skills
- Meaningful connection and contribution
- A way to give back

Many Sage-ing Circles have missions. They come together to lead volunteer or mentoring efforts, to provide support to others during life transitions or to simply expand their relationships with those who share similar goals.

Sage-ing principles are non-denominational; however, they can enhance spiritual maturity for those who do hold a faith or denominational preference.

Why Attend?

You will leave this turn-key workshop with information to facilitate a 12-session Sage-ing Circle series:

- Materials, tools, ideas and activities to implement this *award-winning* program.
- A network of peers with similar interests and views on cultivating wisdom throughout life.

“The Sage-ing Circle™ was the most profound and lasting workshop I've ever experienced...it is still impacting my daily work and family life.”

Who Should Attend?

- Professionals, allied professionals and lay leaders who are dedicated to adults and the issues that they face later in life
- Educators
- Clergy, lay leaders
- Social service professionals
- Senior residential and independent living leaders
- Healthy aging industry professionals

“Make wisdom your provision for the journey from youth to old age, for it is a more certain support than all other possessions.”

—Bias



An award-winning program that teaches practical skills in leading and supporting groups to create dynamic future focused conversations.

Topics Include:

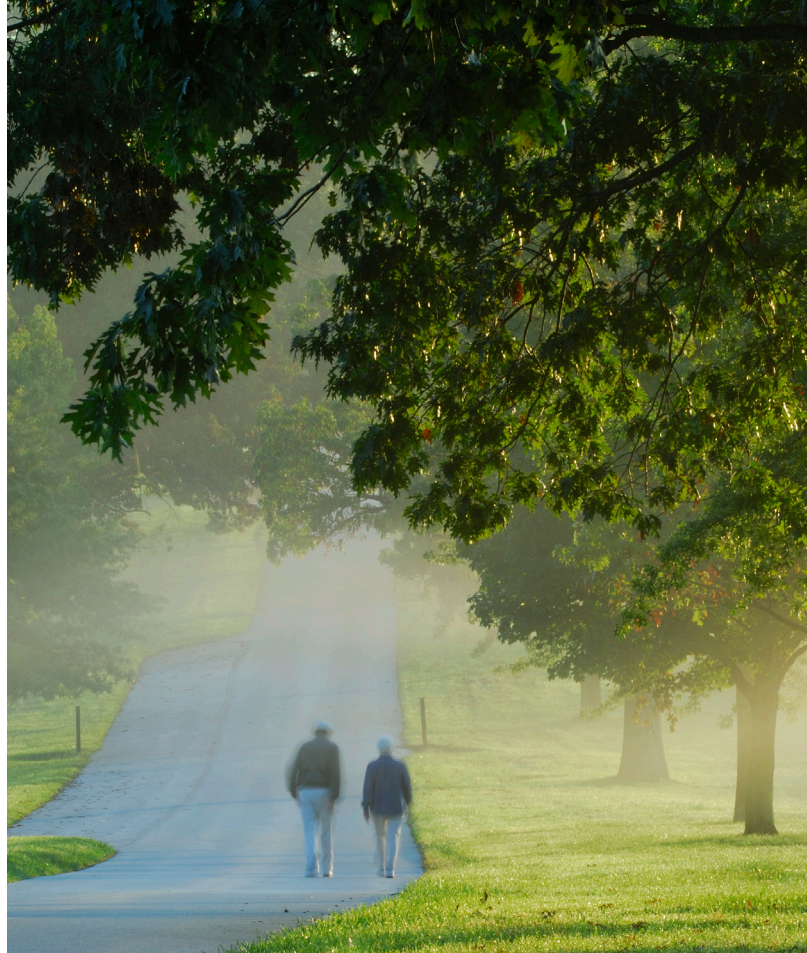
- Learning to foster a healthy self-concept
- Building a positive life vision
- Tapping inner wisdom and spirituality
- Forgiving and healing relationships
- Creating a personal legacy for future generations
- Finding meaning from life experience
- Becoming leaders and healers in the community

Tools included in the workshop:

- Sage-ing Circle™ Facilitator Manual
- Sage-ing Circle™ participant handouts
- CD with PowerPoint Presentation

Workshop Preparation

All participants are required to read *From Age-ing to Sage-ing: A Profound New Vision of Growing Older* by Zalman Schachter-Shalomi and Ronald Miller and to complete exercises 1, 2, 8 and 11 in the Appendix, prior to the workshop.



Faculty

Rosemary Cox, LCSW, holds a Master's degree in Counseling and Human Services. She is the Sage-ing Center™ Coordinator and Educator, and Program Designer for Memorial BrainWorks. She has developed and taught hundreds of Sage-ing workshops for more than 10 years. Rosemary's personal quest for spiritual maturity has bubbled over to the adults she serves in South Bend, Indiana. Rosemary is assisted by trained Sage-ing Circle™ facilitators.

Continuing Education Credit

The Indiana Social Worker, Marriage & Family Therapist and Mental Health Counselor Board has approved this organization to provide Category I Continuing Education for LSW, LCSW, LMFT and LMHC. However, licensees must judge the program's relevance to their professional practice. Memorial BrainWorks is also approved to offer 18 CEUs for Health Facility and Nursing Home Administrators. Certificates of Attendance are available.

“Sage-ing really speaks to me...it is what I've been thinking for 15 years. It is wonderful to find so many others who see their adulthood as the best years of our lives.”

Date and Location

Memorial Hospital's Innovation Café,
100 Navarre Place, 1st floor, South Bend, IN,
located at the corner of Navarre and Michigan Streets.

Friday, Oct. 26 1 – 8:30 p.m.

Saturday, Oct. 27 8:30 a.m. – 5 p.m.

Sunday, Oct. 28 9 a.m. – 3 p.m.

The Innovation Café is located 15 minutes
from South Bend Regional Airport and is served
by a taxi shuttle.

Lodging

Inn at Saint Mary's
53993 Indiana SR 933, South Bend, IN 46637
574-232-4000

Hilton Garden Inn
53995 Indiana SR 933, South Bend, IN 46637
574-232-7700

Ivy Court Inn (adjacent to Notre Dame campus)
1404 Ivy Rd., South Bend, IN 46637
574-277-6500

Tuition: \$500

Includes the following:

- 18 contact hours (CEUs available)
- Sage-ing Circle™ Facilitator Manual with detailed lesson plans for 12 two-hour sessions, along with participant materials
- One dinner and two lunches

Registration and payment must be received by
Sept. 26, 2012.

In an effort to value your resources, we will confirm
minimum registration has been met by Sept. 28, 2012 so
you may book flights without concern. A full registration
refund will be made if the minimum registration is not met.

Cultivating Wisdom: Facilitator Training Workshop Registration Form *(please print)*

Name _____ Title _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____ *E-mail _____

Add me to your e-list.

CEU registration Please check if you need CEU credits.

Please make check payable to Memorial BrainWorks.

Mail registration form and check to:

Memorial BrainWorks, Attention: Rosemary Cox,
534 North Michigan St., South Bend, IN 46601

To pay by credit card, please call 574-647-6631.

For more information, call Rosemary Cox at

574-647-6632, or e-mail rcox@memorialsb.org.

“The years teach much which the days never know.”

—Ralph Waldo Emerson

Memorial BrainWorks identifies, develops and provides programming that emphasizes brain health and vibrant aging as part of Memorial's greater mission to improve the quality of life for the people in our community.

"The Sage-ing work helped me put into words the ideas about spirituality and wisdom that I've held for years. Thank you."

Memorial BrainWorksSM

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