

# Cultivating Wisdom: Sage-ing Circle™ Facilitators Training Workshop

*“Live your life as though there is great joy to be experienced...an abundance of goodness in each person you come in contact with, and the knowledge that you have enough inner wisdom to answer the mysteries that challenge you.”*

—Meladee McCarty

## What is Sage-ing®?

Sage-ing is a wisdom and contribution based approach to life that focuses on the importance of the journey of our lives and the stories, experiences and lessons that we accumulate throughout this journey. The philosophy of Sage-ing is modeled after the Native American traditions that value respect and experience and teach members of a community how to cultivate their wisdom and transform it into a legacy for future generations.



## Sage-ing® Circles

Sage-ing Circles are enjoyable and powerful conversations about life. Members of Sage-ing Circles meet regularly and discuss personal, family, community and global issues with wisdom, maturity and compassion. The process of listening, reflecting and sharing

life circumstances enhance the experience and the perspective for each member.

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
- and 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 not specific to any faith or faith based practice, however will enhance spiritual maturity for those who do hold a faith or denominational preference.

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

## Why Attend?

You will leave this turn-key workshop with a complete program, including contents, to facilitate a 12 module Sage-ing Circle series:

- Materials, tools, ideas, and activities to implement this award-winning Sage-ing program where you live or work.
- A network of peers who hold similar interests and views on cultivating wisdom throughout life.
- The experience of being part of a Sage-ing community.

## Who Should Attend?

Sage-ing is wonderfully inclusive and enjoyed by most individuals wishing to explore and cultivate wisdom for themselves and with others.

- Individuals seeking increased structure and tools from which to facilitate wisdom based programs.
- Professionals, allied professionals and lay leaders who are dedicated to service adults and the issues that they face as life proceeds through it's phases.
- Educators
- Clergy, lay leaders
- Social service professionals
- Senior residential and independent living leaders.

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



**A groundbreaking adult education program that teaches practical skills in leading and supporting groups to create dynamic future focused conversations.**

## Sage-ing Circle™ Curriculum

Learn and interact with peers to experience first-hand the benefits of a Sage-ing Circle™.

Topics Covered include:

- Building a positive life vision
- Learning how to foster a healthy self-concept
- 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 Agenda

Day 1

- Experiential Mini-workshop

Days 2 and 3

- Introduction & Overview
- Adult Learning Theory & Practice
- Nuts & Bolts of the Curriculum
- Experiential Exercises
- Brain Healthy Living
- Sampling the Seven Intelligences
- Marketing Strategies

*“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.”*

### 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.

### SCF Faculty

Rosemary Cox, LCSW, holds a Masters 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 nine 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. As a sponsor of this event, the Indiana Association of Homes for the Aging has approved 19 CEUs for Health Facility and Nursing Home Administrators. Certificates of Attendance are available.

## Date and Location

Memorial Hospital's Innovation Café  
Located at the corner of Navarre and Michigan St.  
South Bend, Indiana

Friday, Oct. 10, 1:00 p.m. – 8:30 p.m.  
Saturday, Oct. 11, 8:30 a.m. – 5:00 p.m.  
Sunday, Oct. 12, 9:00 a.m. – 3:00 p.m.

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

## Lodging

Inn at Saint Mary's  
53993 Ind. 933, South Bend, IN  
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 Road, South Bend, IN 46637  
574-277-6500

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## Tuition: \$500

Includes the following:

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

Registration confirmation and receipt will be mailed.  
For more information, call Rosemary Cox at  
574-647-6632, or e-mail [rcox@memorialsb.org](mailto:rcox@memorialsb.org).

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## Cultivating Wisdom: Facilitator Training Workshop Registration Form

Name \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### CEU registration

Please check if you need CEU credits.

### Workshop Preparation

Please initial in the box to the right to indicate that you will complete these requirements before the training workshop.



1. Read the *From Age-ing to Sage-ing* book
2. Complete Exercises 1, 2, 8 and 11 in the Appendix

Please make check payable to Memorial BrainWorks.  
Mail registration form and check to:  
Memorial BrainWorks, attention Rosemary Cox,  
534 North Michigan Street, South Bend, IN 46601

# Memorial

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## BrainWorks<sup>SM</sup>

534 North Michigan Street  
South Bend, Indiana 46601

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*“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 BrainWorks  
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