

# Cultivating Kindness: Creating Wellness for Ourselves & Others

Cardinal Stritch Retreat House  
1300 Stritch Drive, Mundelein, IL 60060

## June 2 & 3, 2017

*Registration begins Friday at 2:00 pm; Retreat begins promptly at 4:00 pm and concludes Saturday at 3:00 pm*



**On this overnight retreat, you will learn tools and techniques that teach:**

- Kindness through self-care
- The power of stillness, **not** idleness
- The value of “mono-tasking” rather than “multi-tasking”
- How to have a powerful conversation and take positive action in a judgement-free zone
- Attentive listening skills to ‘hold space’ for others

*\$119 includes 3 meals, a private room with shared bath. CEUs available for additional cost.*

### Your Retreat Leaders



**Caryl Derenfeld**, a graduate of Roosevelt University, is a skilled facilitator who educates groups on the resilient benefits of laughter and meditation. She is a graduate of the Positive Psychology Program from Whole Being Institute at Kripalu in Lenox, Massachusetts, and is a Certified Laughter Yoga Teacher.



**Terri Reasoner, Ph.D.**, has been in the field of adult education for over 20 years. Her passion for education, learning, and multiple ways of knowing through whole body engagement informs her client work. She is also a Certified Laughter Yoga Teacher and has led a Laughter Club for six years.

For registration or other information, contact Caryl at [carylderenfeld@gmail.com](mailto:carylderenfeld@gmail.com), or Terri at [treasoner@comcast.net](mailto:treasoner@comcast.net)

# CULTIVATING KINDNESS RETREAT, JUNE 2-3, 2017

CARDINAL STRITCH HOUSE  
1300 STRITCH DRIVE  
MUNDELEIN, IL 60060

## REGISTRATION

### Contact Information

Name	
Street Address	
City ST ZIP Code	
Home Phone	
Work Phone	
E-Mail Address	
Profession (for CEs)*	

What do you hope to learn and take home from the retreat?

\*Would you like to receive CE's?

PLEASE MAIL CHECK (\$119) AND THIS FORM TO Engaged Performance, PO Box 42, Geneva, IL 60134.

\*If you would like to receive CE's, please add \$15 to your check and indicate your profession in the contact information. This program is approved for seven (7) contact/clock hours for health and allied health professionals.

CANCELLATION POLICY – \$30 non-refundable processing fee

DETAILS TO FOLLOW UPON RECEIPT OF PAYMENT AND REGISTRATION

### Person to Notify in Case of Emergency

Name	
Street Address	
City ST ZIP Code	
Home Phone	
Work Phone	
E-Mail Address	