



HEALING THE HEART THAT SERVES

This program is designed to support the resilience and wellbeing of staff and volunteers.

- *How do we keep alive and vital that place within us where the motivation to make the world better or to help people arises?*
- *How do we serve from that place in a way that not only allows us to “keep on keeping on,” but to keep on in a way that is generative and transformative for us as individuals, for the organization, for the clients, and the community?*
- *How do we stay connected to the larger vision and purpose that inspires, uplifts, and sustains each of us to be our best and most whole selves in every area of our lives?*

The pervading culture of activism and social service is one of overwork, overwhelm, and under-support. Caregivers and community workers consistently de-prioritize their own wellbeing in the face of the insurmountable demands upon them. Through their work, and often in other areas of their lives, these dedicated individuals are subject to the same effects of cumulative trauma, internalized grief, and the ongoing stresses of violence and poverty as those they serve. They are at increased risk for depression, anxiety, substance abuse, isolation, and stress-related physical illnesses. And the organizations, agencies, and communities they serve are at risk of losing some of their most caring and experienced people to burnout and attrition.

True sustainability is not just about doing enough “self-care” to allow people to continue to work in dysfunctional ways, but rather to connect with the deepest sources of inspiration, wisdom, healing, and replenishment so that they can bring new vision, wholeness, and balance to their work and their lives.

Through facilitated self-reflection, experiential exercises, focused discussion, and contemplative practices, workshop participants will gain a deeper understanding of what is life-generative and life-depleting for them, and be introduced to resources and practices to help cultivate holistic wellbeing and sustainability. Through this, they can begin to engage their work in ways that are transformative for self, organization, clients, and community.

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OneLife Institute is an Oakland-based nonprofit organization working at the intersection of spirituality and social action. Through classes, retreats, publications, events, counseling and consultation services we support and empower individuals and groups in personal healing and the creation of a more just, compassionate, and sustainable world.

We provide the place where healers can heal and leaders can lean. Where folks on the front lines of social change and community service can be supported and renewed. Where people from different walks of life can come together in safe space and build community.

To learn more please visit: www.onelifeinstitute.org