

# Building a compassionate, resilient future.



“What we plant in the soil of contemplation, we shall reap in the harvest of action.”

MEISTER ECKHART



Since 2003, the Garrison Institute has been a leading force in spreading contemplative wisdom and practices throughout society. We create a space where deep reflection cultivates awareness, compassion and openness — invaluable skills for thriving in complex times and working together to solve our most pressing social challenges.

Our work has helped to foster a major cultural shift that has occurred in society. Today, meditation and mindfulness practices are taught everywhere from Fortune 500 companies to elementary schools to the U.S. Army. More and more, people are searching for ways to connect their inner and outer lives, to learn from the wisdom traditions of the past as they strive to live life, fully awake and engaged.

The Institute’s special program initiatives explore the intersection of scientific research and the practical application of contemplative approaches in the fields of education, trauma care, and the environment. We welcome the caregivers of our world from all walks of life, including teachers, social workers, psychotherapists, aid workers, health care providers, and environmental and social justice advocates, whose work effects positive social change. They come to improve self-awareness, develop emotional connection, and deepen wisdom so that together they can develop practical solutions to social and environmental problems.

Our goal is to bridge individual personal development and systemic social transformation. We have developed contemplative-based programs that strengthen and nurture resilience at the personal, community and systems levels.

In 2014, we published *The Human Dimensions of Resilience: A Theory of Contemplative Practices and Resilience*. This new white paper integrates findings from more than 280 interdisciplinary research studies linking contemplative practice and resilience. The paper highlights promising areas for research that could further measure and demonstrate the connection between the benefits of individual contemplative practice and flourishing communities and systems.

In the coming years, we will build on this research and expand our impact by sharing the wisdom and new insights emerging from our work through online and onsite programs at the Institute. We will also continue to expand the scope and reach of our signature programs to foster contemplative-based resilience among those on the front lines of positive social change.

We are deeply grateful for your interest and support. Together, we will sow the seeds of contemplation and harvest the fruit that will create a more compassionate and resilient future.



*“At Garrison, we learned invaluable skills for taking care of ourselves first, so we can attend to the needs of our students with awareness and compassion.”*

*“CARE for Teachers is proving powerful because it was developed by and for teachers, and because it’s evidence-based.”*

## CONTEMPLATIVE TEACHING AND LEARNING

# Understanding who we are and how we learn.



When the Garrison Institute first launched its Contemplative Teaching and Learning (CTL) Initiative in

2004, contemplative education was just emerging as a professional field. Research shows that practices such as meditation and mindfulness help teachers reduce stress, develop compassion, foster resilience and create healthy school environments for their students.



The Institute has helped to foster the rapid growth of contemplative education nationally and globally.

This year, we planned our contemplative education symposium, “Healing Ourselves, Our Schools and Our Communities: Equity, Contemplative Education and Transformation.” The symposium, supported by the 1440 Foundation, will bring together professional development experts, faculty at schools of education, social justice advocates, and multicultural education specialists.

They will explore how contemplative teaching and learning, multicultural education, and social justice work converge in our classrooms and communities. In an effort to heal and ultimately transform our educational and social systems, they will develop strategies educators can use to effect change and build support.

### CARE for Teachers

Launched at the Garrison Institute in 2007, CARE (Cultivating Awareness and Resilience in Education) is a professional development program for K-12 teachers, designed to help teachers handle stress and improve learning environments.

In 2012, the U.S. Department of Education’s Institute of Educational Services (IES) awarded a major grant to fund a four-year in-depth study of CARE’s impact on students and teachers in New York City elementary schools. Our research gathered data on hundreds of teachers and thousands of students. The results of the study will be published next year.

As demand for CARE has grown, we are working to develop ways to further disseminate CARE’s training and research. In August, we hosted the Eighth Annual CARE Summer Retreat, which attracted over 30 educators from around the world.



**Sheryl Petty, Ed.D.** is an Equity, Personal Transformation & Systems Change consultant with Movement Tapestries and Management Assistance Group. Her work focuses on field-and movement-building and promoting aligned approaches across education practice, capacity building, policy, research, educator preparation, mindfulness and contemplative education. She was a Principal Associate at the Annenberg Institute for School Reform at Brown University and is a fellow at the Mind and Life Institute.

*“There is a hunger and ripeness in the field right now for bridging the worlds of contemplative practice, social justice and equity in education. These communities of practice have been fragmented for too long and need each other if we are to do the healing work necessary to move this world forward, for both youth and adults. They each bring their own unique wisdom, courage, discipline and skill essential for individual change, institutional change, and the transformation of systems.”*



*“The Climate, Buildings and Behavior symposium has allowed me to rethink my priorities and return to my organization with new ideas and new energy.”*

*“Learning how so many people are working to build healthy, equitable, and resilient communities was the most inspiring. Inspiration is critical, as we environmentalists so often feel like its such a tiring, uphill battle.”*

## TRANSFORMATIONAL ECOLOGY

# Building resilience as we respond to climate change.



Our Initiative on Transformational Ecology applies insights from social and behavioral

sciences to strategies to help shift how we engage with the environment and respond to the challenges of climate change. Rather than strive to sustain a fixed equilibrium with our planet, our contemplative-based approach challenges us to truly embrace our place in the natural world, adapt to change, and build resilience.

### Climate, Mind and Behavior

The Climate, Mind and Behavior (CMB) program explores the human dimension of energy and resource use and how it impacts climate change. CMB tracks behavioral research on U.S. energy consumption and emissions, identifies practical strategies we can use to shift our choices and practices, and shares them through key networks.

### Climate, Buildings and Behavior Symposium

The Climate, Buildings and Behavior (CBB) symposium explores the science, behaviors, and practices behind successful approaches for enhancing sustainable operations, reducing resource consumption, and significantly lowering the cost of operations in residential and commercial buildings.

The Institute convened its sixth annual CBB Symposium in October 2014. The theme of the symposium was “the well-behaved building” with the goal of developing community, well-being, and resilience in buildings.

Sustainability projects are the ideal conduit for fostering resilience while also positively affecting natural resource use and realizing bottom-line savings in buildings. Social science tells us that resilience develops through the engagement process that defines successful sustainability programs.

Real estate professionals from for-profit and not-for-profit firms, building industry experts, city and campus sustainability officers and behavior change researchers from across the country joined us for the symposium. They shared how their energy efficiency, ecology, and conservation projects helped to cultivate resilience in their buildings and communities.



### Building Resilience: Integrating Climate Change and Social Systems (BRICCSS)

Research shows that minority and low-income communities are disproportionately affected by extreme weather events caused by climate change. The BRICCSS project is designed to develop, test and grow to scale a program to increase the resilience of these low-income communities by increasing the resilience and knowledge of the social service sector and other community stakeholders who service these communities.

We are partnering with the UJA-Federation of New York, the Jewish Board of Family and Children’s Services (JBFCS), the Cloud Institute for Sustainability Education, Marianne Hughes & Associates, Steven Winters Associates, Inc., Steven P. Cole, Ph.D., Research Design Associates, Inc., and the Mailman School of Public Health at Columbia University.

**Andrew Zolli is an acclaimed thought-leader, advisor, and social innovator working at the intersection of foresight, global innovation, social change and resilience. He founded the global innovation network PopTech and is the author of *Resilience: Why Things Bounce Back*.**



*“We need to re-imagine the built environment, but we need to do it in a way that recognizes it as part of a greater system that includes human relationships. Let’s let buildings help build relationships that allow us to thrive in the face of climate, or other, disruptions.”*



*“There is an unconscious ripple effect of sitting on this stuff. I thought that because there was no support system set up [for humanitarian aid workers, it] meant that no such support system was needed. In fact, it’s the reverse.”*

*“This was a beautiful, enriching experience of exchanges and connecting with others... and also with oneself.”*

## TRANSFORMING TRAUMA

# Fostering resilience among aid workers.



Our Initiative on Transforming Trauma develops

and implements programs that teach resiliency skills to professionals working with people who suffer trauma, loss or dislocation. A growing body of research suggests that contemplative methods, such as meditation and yoga, can help foster resilience among caregivers and human service providers. We integrate these methods with psychosocial education and professional network building to help organizations better serve their clients and affected communities.

### The CBR Project

The Garrison Institute’s Contemplative-Based Resilience (CBR) Project was launched in 2013 to address aid workers’ need for psychosocial support and skills to strengthen their resilience. Like the aid agencies working with us, the CBR Project addresses the realities of the field with a humanitarian spirit, caring for aid workers just as they care for crisis-affected populations.

As we work to extend the reach of our trainings, we’re also working to support the emergence of a new reality where fostering aid workers’ resilience and self-compassion is mission-critical to aid work.

In 2014, we held four resilience trainings on three continents, reaching humanitarian and emergency international aid workers deployed all over the world.

In April, humanitarian aid workers came from ten different countries to attend our first training held at the Institute. A month later, we conducted training in West Cork, Ireland for European-based aid workers between deployments. To expand our capacity and meet the growing need for resilience training, in September, we conducted faculty training at the Institute.



In November, we provided training in Rwanda for two teams of aid workers from the staff of the major aid agency, Mercy Corps. The Mercy Corps selected aid workers from Democratic Republic of Congo and Central African Republic to take the training designed to cultivate their inner resilience.

Next year, the CBR Project will focus on strengthening its leadership team and developing partnerships with humanitarian aid and human rights agencies.

### Contemplative Care

In 2014, we partnered with the New York Zen Center for Contemplative Care to co-present the second national public symposium on end-of-life and palliative contemplative care entitled, “Communication and the Interpersonal Relationship Within Palliative and End-of-Life Care.”

Almost 200 leading medical and health care professionals from across the US attended. The symposium focused on how caregivers can deepen their connection with patients and improve patient and self-care.



*“Humanitarian aid workers are confronted with crisis and human suffering every day. Chronic stress and burnout can take its toll on their well-being, performance and mental health. The CBR Project provides useful tools for humanitarian workers to better cope with these stresses.”*

**Maximilien Zimmermann** is a clinical psychologist who specializes in emergency and disaster response. He has provided mental health and psychosocial support for aid organizations, including Médecins du Monde (Doctors of the World), Médecins Sans Frontières (Doctors Without Borders), and the International Committee of Red Cross, for over 12 years.



*"I have been attending retreats at Garrison for over five years. I love the space, the location, and especially the food!"*

*"The Garrison Institute nourished me physically and emotionally in a comfortable, safe environment where I discovered my own wise heart and awakened spirit."*

## RETREATS

# Deepening awareness and compassion.



In 2014, nearly 5,000 people attended over 100 retreats at the Garrison Institute with teachers from diverse spiritual traditions and leaders from secular organizations working to effect positive social change in the world. Our retreats focus on teaching and deepening contemplative practices, such as mindfulness and lovingkindness meditation, as well as a variety of holistic mind/body disciplines, to help people from all walks of life succeed and thrive in their work and lives.



Our retreats enable anyone, from first-time meditators to seasoned practitioners, to develop qualities such as compassion, well-being, awareness, and resilience to help them transform the way they respond to life's challenges.

In March, Sharon Salzberg and Janice Marturano co-lead a retreat on "Mindfulness at Work" that focused on how we can improve our work life by cultivating the skills of concentration, mindfulness and compassion.

We held our third annual retreat for LGBTIQ communities entitled, "The Beauty of Our Lives," led by Larry Yang, Madeline Klyne, and La Sarmiento. The retreat drew on the practices of mindfulness and lovingkindness meditation "to cultivate an open heart and an inner home."

In May, Dr. Dan Siegel explored the intersection of science and spirituality during his retreat, "Soul and Synapse;" and Soren Gordhamer, the founder and host of the Wisdom 2.0 conference, led a retreat to explore what it means to live with greater mindfulness, wisdom, and compassion in a digital age.

During a summer retreat, Norman Fischer and Rachel Cowan offered insights from their respective spiritual

traditions, Zen Buddhism and Judaism, on lojong, a Tibetan Buddhist practice of generating compassion by working with short aphorisms.

At the end of year, Sylvia Boorstein and Sharon Salzberg led a retreat on "Cultivating the Kind Heart as the Path to Liberation." They used teachings on the kindness of the Buddha to explore how to develop a generous heart, powerful steadiness of attention, and lived experience of interdependence.

In 2014, we offered our retreats to a wider audience through a variety of scholarship programs. Our Himalayan Scholarship Fund enabled Tibetans and people of Himalayan heritage to attend our retreats, while the Kalleopia Foundation and Tides Foundations provided support to members of the LGBTIQ communities to join us for "The Beauty of Our Lives" retreat. Our general scholarship fund provided assistance to those with financial need, and the Hemera Scholarship fund provided assistance to teachers.

Year-round, we also welcomed experienced meditators to personal retreat weekends to engage in silent, self-guided retreats in the Institute's supportive contemplative setting.

**The Chemistry of Connection** In November, Tara Bennett Goleman, Daniel Goleman, Robert J. Sadowski, Jr. and Aaron Wolf integrated four unique perspectives on how we create, build and develop connection. We welcomed horses for the first time at the Garrison Institute, as Sadowski demonstrated the techniques of "horse whispering" and how to develop balance between trust and respect in any relationship.



*"Our retreat brought together many different traditions—psychology, neuroscience, mindful awareness, inter-species communication and environmental conflict mediation. Despite the immense diversity of perspectives in the room, the depth of connection surpassed everyone's expectations. The horses were powerful teachers to us all!"*

ROBERT J. SADOWSKI, JR.



## INSTITUTIONAL GROWTH

2014 marked the beginning of our second decade.



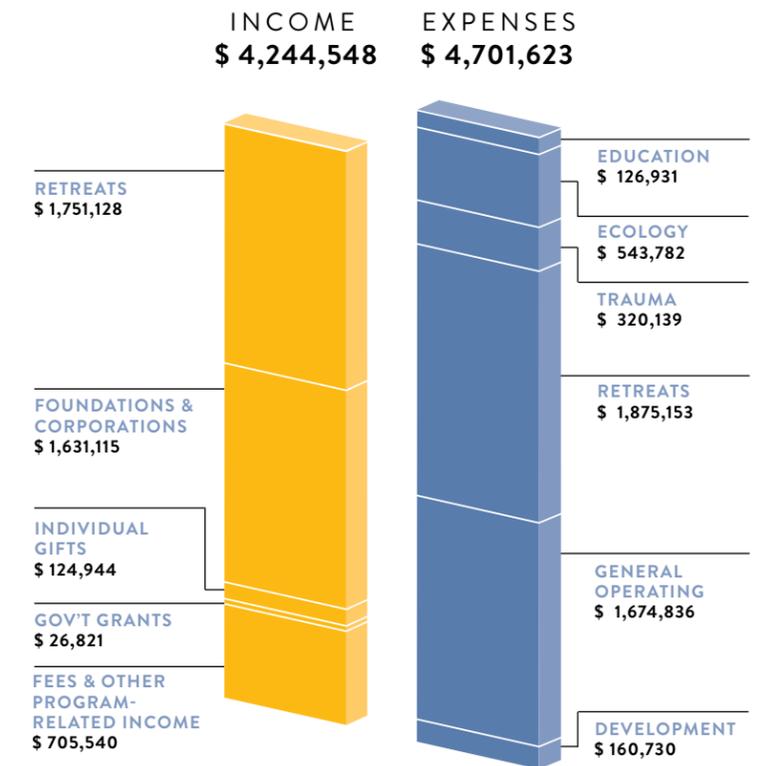
### Here are some current indicators of the Institute's growth and evolution:

- Some 55,000 people participated in our retreats and programs since we opened our doors in 2003, including well over 4,800 participants in 2014.
- We hosted over 100 retreats and events, up from 82 in 2013.
- Our Retreats department organized and presented ten Garrison Institute-sponsored contemplative retreats.
- Our CMB program held one major national symposium attracting leaders in real estate, building industry experts, and city and campus sustainability officers to discuss how to cultivate resilience in their buildings and communities.
- The CBR Project held four resilience trainings on three continents, reaching humanitarian and emergency international aid workers deployed all over the world.
- In partnership with the New York Zen Center for Contemplative Care, we hosted our second Buddhist Contemplative Care Symposium dedicated to end-of-life and palliative care.
- In January, we welcomed Lisette Cooper to the Board of Trustees. Lisette is the Founder and Chief Executive Officer of Athena Capital Advisors, one of the top-ranked wealth management firms in the U.S.
- We participated in the very successful *Educating the Heart* conference in Rotterdam with His Holiness the Dalai Lama. Board member Dan Siegel presented and moderated the program.

- We launched the Wisdom Holder's Circle, a community of friends old and new, who provide support to the Institute. Their active engagement informs our thinking, and provides vital insight and funding for our work.
- Along with the Rubin Museum of Art, we co-presented a panel discussion on "Mindfulness at Work." The panel featured Daniel Goleman, Sharon Salzberg, and Janice Marturano and was moderated by the *New York Times* journalist, David Gelles.
- On Earth Day, we hosted our fifth annual Modern Earth Day Meal in collaboration with Fresh Company. Andrew Revkin, author of the *New York Times* Dot Earth blog, gave a talk on sustainability and resilience during the human-dominated age of "the Anthropocene," when just about whatever we do has environmental impacts.
- *New York Times* bestselling author Thomas Moore gave a public talk at the Institute entitled, "A Religion of One's Own."
- We published a new white paper, *The Human Dimensions of Resilience: A Theory of Contemplative Practices and Resilience* by our CBR Project Program Manager, Teresa I. Sivilli and University of Arizona researcher, Thaddeus Pace.
- In August, John Sirabella joined the Institute as Director of Marketing and Communications. Two months later, Sam Mowe joined us as Manager of Marketing and Communications.
- Marc Weiss joined the Institute as Chief Operating Officer/Chief Financial Officer.
- In November, Rachel Gutter and Andrew Zolli joined the Institute's Board of Trustees. Rachel is Senior Vice President of Knowledge at the U.S. Green

- Building Council and Director of the Center for Green Schools. Andrew is an acclaimed author and thinker, as well as founder of PopTech, an innovation and social change network.
- We partnered with the Jewish Community Center of Manhattan, *Mindful* magazine, and The Center for Investigating Healthy Minds to present a talk between journalist and ABC "Nightline" co-anchor Dan Harris and neuroscientist Richard Davidson on the science behind training our brains for happiness and well-being.

## 2014 FINANCIAL REPORT





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A photograph of the interior of a large, ornate church or hall. The space is filled with rows of wooden pews, and the ceiling is high with exposed wooden beams. Stained glass windows are visible along the walls, and several hanging lanterns provide warm lighting. The overall atmosphere is one of quiet contemplation and grandeur.

Bridging contemplation,  
science and social change.

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