

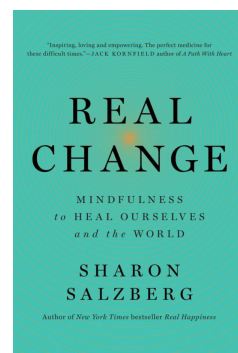
Contemplative Resilience Tools for Social Change Makers

In May 2021, the Garrison Institute is partnering with renowned meditation teacher, author, and co-creator of the Contemplative-Based Resilience (CBR) Project, Sharon Salzberg to deliver **CONTEMPLATIVE RESILIENCE TOOLS FOR SOCIAL CHANGE MAKERS** - a 6 week live virtual course—to participants from nonprofit, community, and grassroots organizations working on the front lines of social change. These change makers work tirelessly to provide services and advocate for those most vulnerable in our society—essential work that they continued to provide throughout the COVID-19 pandemic. **Improved care for individuals within this cohort ripples out to positively affect the communities they serve by strengthening both individual and community resilience.**

Drawing from elements of the Garrison Institute's Contemplative-Based Resilience (CBR) Project and from Sharon Salzberg's most recent book, ***Real Change: Mindfulness to Heal Ourselves and the World***, this offering invites participants to engage in a 6-week interactive course to strengthen their resilience. This course blends live faculty instruction, interviews between Sharon and social change agents in a variety of fields, and includes on-demand resources. Contemplative Resilience Tools for Social Change Makers offers participants the chance to deepen their awareness, balance, and connection in their work and in their lives.



SHARON SALZBERG

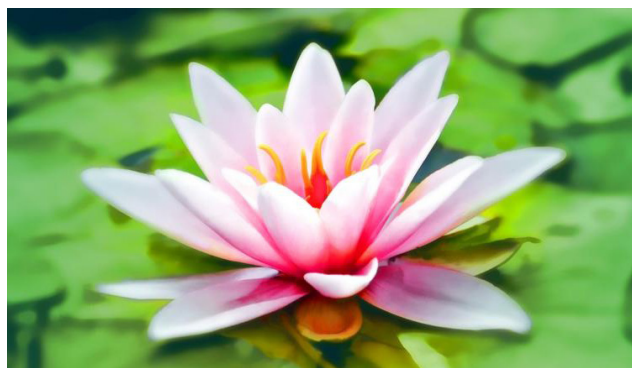


ALL SESSIONS WILL BE HELD ON ZOOM

WEDNESDAYS MAY 5 - JUNE 9, 2021
3:00 - 5:00 PM EST | LIVE WORKSHOPS

THURSDAYS MAY 6 - JUNE 10, 2021
3:00 - 3:45 PM EST | COHORT COACHING

A Certificate Of Completion will be offered to all who participate in the 6 workshops.



Course Overview

LIVE, VIRTUAL WORKSHOPS: 6 WEEKS

Each 2-hour workshop will feature teaching from Sharon Salzberg, CBR faculty, and stories from the front lines with leading change makers of all backgrounds. In addition, each session will include opportunity for guided contemplative practice, self-reflection, and community connection. Each participant will be provided access to the **Care for Caregivers App** and a Participant Course Journal.

COHORT COACHING: 6 SESSIONS

CBR faculty will provide weekly 45 minute, live virtual cohort coaching sessions in between workshops. This will provide an opportunity to deepen their learning from the course, and engage in additional contemplative practices related to the **CBR pillars of Awareness, Balance and Connection**.

TOPICS COVERED THROUGHOUT THE COURSE INCLUDE:

WEEK 1: Contemplative-Based Resilience (CBR): Awareness, Balance and Connection

WEEK 2: Activating One's Agency and Sense of Purpose

WEEK 3: The Need for Resilience and Building Resilience

WEEK 4: Moving from Empathy to Compassion

WEEK 5: Remembering the Joy

WEEK 6: Cultivating Equanimity & Balance

COURSE OBJECTIVES

1. Obtain an understanding of the psychology and physiology of stress (including secondary and vicarious stress and burnout) and resilience.
2. Learn how to detect, monitor, and respond to one's emotions.
3. Engage in contemplative practices such as meditation, mindful movement, and loving-kindness to regulate one's stress response.
4. Learn how contemplative practices have informed activists and social change agents to foster both personal and societal transformation.
5. Foster social learning and connection within a cohort of fellow change makers.
6. Build a foundation of practical skills for increased resilience through awareness, balance, and connection.

CBR FACULTY AND GUEST SPEAKERS



Ellen Agler
Guest Speaker



Madeline Garcia Bigelow
Guest Speaker



Andres Gonzalez
Guest Speaker



Samantha Novick
Guest Speaker



Lina Pasquale
CBR Faculty



Ali Smith
Guest Speaker



Atman Smith
Guest Speaker



Gayla Marie Stiles
CBR Faculty



Cathy Trentalancia
CBR Faculty



Shelly Tygielski
Guest Speaker



Justin Michael Williams
CBR Faculty

Guest Speakers are featured in pre-recorded conversations with Sharon Salzberg



The Contemplative- Based Resilience Project

Founded in 2003, the **GARRISON INSTITUTE** is a not-for-profit, non-sectarian organization exploring the intersection of contemplation and engaged action in the world. The mission of the Garrison Institute is to apply the transformative power of contemplation to today's pressing social and environmental concerns, helping build a more compassionate, resilient future. **THE CONTEMPLATIVE-BASED RESILIENCE (CBR) PROJECT** is one of the Garrison Institute's signature initiatives, addressing the psychological and embodied dimensions of resilience for professional service providers.

The evidence-based CBR training is grounded in scientific research on human resilience. It was developed by experts in the fields of psychology, trauma, meditation and movement. Its integrated approach offers practical tools - including breathing techniques, meditation, and mindful movement - along with an understanding of the psychology and physiology of stress, burnout and vicarious trauma.

Anchored by the ABCs of Resilience— **Awareness, Balance and Connection**—the CBR curriculum includes a toolkit of skills to reduce stress and anxiety as well as improve self-care, self-awareness, creative thinking and concentration. By equipping these community leaders with skills to cultivate personal resilience, whole communities are strengthened, moving our society toward a resilient future.

BE WELL, SERVE WELL



Contemplative Resilience Tools for Social Change Makers Teachers & Featured Guests

Sharon Salzberg



Sharon Salzberg is a central figure in the field of meditation, a world-renowned teacher and author. She has played a crucial role in bringing meditation and mindfulness practices to the West and into mainstream culture since 1974, when she first began teaching. She is the co-founder of the Insight Meditation Society in Barre, MA and the author of eleven books including New York Times bestseller, *Real Happiness*, her seminal work, *Lovingkindness* and her most recent book, *Real Change: Mindfulness To Heal Ourselves and the World*. Sharon is a co-founder and Senior Advisor to the Garrison Institute's Contemplative-Based Resilience Project and serves as the Garrison Institute's Spiritual Director.

Guest Contributors

Madeline Garcia Bigelow



Madeline Garcia Bigelow is the Associate Director of the Urban Justice Center in New York City, as well as the Director of the UJC's Domestic Violence Project (DVP). She founded DVP in 2003, assembling a team of attorneys, social workers, and advocates who work cohesively to address the issues confronted by victims of intimate partner violence in both a legal and non-legal context. After law school Ms. Garcia Bigelow went on to work at the Bronx District Attorney's Office in the Domestic Violence/Sex Crimes bureau, first as an Assistant District Attorney, then as Acting Supervisor of the 2221 unit, which worked closely with law enforcement officials in sex crime and child abuse investigations. Prior to founding the Domestic Violence Project she served as Co-Director of Sanctuary for Families' Bronx office where she litigated family offense matters, provided education and outreach to the community and supervised staff. Ms. Garcia Bigelow believes the founding principle by which to successfully address and represent issues raised by survivors of intimate partner violence is to unequivocally validate the client and litigate with emotional intelligence. Ms. Garcia Bigelow is a past participant in the Garrison Institute's Contemplative-Based Resilience (CBR) Project, through the 2019 Women's Leadership Retreat.



Shelly Tygielski

Shelly Tygielski, whose work has been featured on CNN Heroes, is a self-care activist and community organizer. After spending almost 20 years immersed in Fortune 1000 organizations in corporate America, and the past decade as a high-ranking executive in publicly and privately held companies, Shelly turned to teaching modern-life mindfulness full time.

Committed to the democratization of meditation, her emphasis is on bringing mindfulness to corporations, public schools, nonprofits, and social justice and political organizations. She honed this focus

over ten years of volunteering as a community organizer on campaigns, in social justice organizations, and on behalf of underserved school districts. A former leader with the Democratic Party in Florida, in 2016 Shelly co-founded South Florida Women Rise Up—a group of 3,000 women whose mission is to inform, organize, and activate local women around central issues affecting the community and this country. She also leads a community of 15,000 meditators in Broward County, Florida. Shelly is also the Founder of Pandemic of Love, a global, grass-roots volunteer-led mutual aid community that has directly matched over 1.2 million people since the beginning of the COVID-19 pandemic, accounting for over \$52 million in direct transactions. She is a trauma-informed mindfulness teacher, a community organizer, self-care activist and an author, with a forthcoming book, “Sit Down to Rise Up: Find Yourself, Build Community, Change the World” due out in the Fall of 2021 from New World Publishing.



Ali Smith

One of three co-founders of the Holistic Life Foundation, Ali Smith is a native of Baltimore, Maryland. He is a graduate of the Friends School of Baltimore and the University of Maryland, College Park, receiving a BS in Environmental Science and Policy with a Biodiversity specialization. He has over 15 years of experience teaching yoga and mindfulness to diverse populations. Through his work at the Holistic Life Foundation he has helped develop and pilot yoga and mindfulness programs at public and private schools, drug

treatment centers, juvenile detention centers, mental crisis facilities, and retreat centers, nationally and internationally. Ali has authored a series of children's books, and co-authored several yoga and mindfulness-based curriculums, and developed numerous workshops and trainings.



Atman Smith

Beginning in 2001, as a Co-Founder of the Holistic Life Foundation, Atman Smith has been teaching yoga and mindfulness to a diverse population including underserved and high-risk youth in Baltimore City Public Schools, drug treatment centers, wellness centers, and colleges. A native of Baltimore, Atman attended the University of Maryland, College Park where he was a letter award winner for the University's men's basketball team. He graduated with a B.A. in Criminology and Criminal Justice.



Andres Gonzales

Andres Gonzalez is one of the three Co-Founders of the Holistic Life Foundation. For eighteen years, Andres has taught yoga to diverse populations throughout the world, including Baltimore City Public School students, drug treatment centers, mental crisis facilities, homeless shelters, wellness centers, colleges, private schools and other various venues throughout the nation and throughout the world. He has partnered with John Hopkins Bloomberg School of Health and the Penn State's Prevention

Research Center on a Stress and Relaxation Study and is a published author in the Journal of Children's Services. He is a certified Health Coach through the Institute of Integrative Nutrition, maintains a B.S. in Marketing from University of Maryland, College Park and an MBA from the University of Maryland.

The Holistic Life Foundation has been featured on Making a Difference on the NBC Nightly News, CNN, and CBS, as well as O the Oprah Magazine, The Washington Post, Upworthy, Mindful Magazine, Yoga Journal, Shambala Sun, and many other publications.



Ellen Agler

Ellen Agler serves as the CEO of the END Fund, working to see an end of the suffering caused by five neglected tropical diseases (NTDs) affecting 1.7 billion people. The END Fund has supported local partners across more than 30 countries to deliver over 700 million NTD treatments to hundreds of millions of people since its founding in 2012. Ellen has worked in global health and humanitarian response for over 20 years in more than 70 countries, for organizations including International Medical Corps and Operation Smile.

Ellen holds graduate degrees in International Health from the Harvard School of Public Health and in Development Studies from the London School of Economics. Ellen currently serves on the boards of Global Institute for Disease Elimination, Uniting to Combat NTDs, Legatum Institute, the World Economic Forum's Global Health Security Advisory Board, and Panorama Global. Ellen's book, *Under the Big Tree: Extraordinary Stories from the Movement to End Neglected Tropical Diseases* (with foreword by Bill Gates) was published in January 2019 by Johns Hopkins University Press. Ellen was also recently named as one of Fortune Magazine's "World's 50 Greatest Leaders" for 2019.



Justin Michael Williams

Justin Michael Williams is an author, transformational speaker, and top- 20 recording artist who has become a pioneering voice for diversity and inclusion in wellness. From growing up with gunshot holes outside of his bedroom window, to sharing the stage with Marianne Williamson and Deepak Chopra, Justin knows well the pain of adversity and the power of healing to overcome. He has since been featured by The Wall Street Journal, Grammy.com, Billboard.com, The

Root, The Advocate, Yoga Journal, and SXSW®. With his groundbreaking book *Stay Woke*, and over a decade of teaching experience, Justin's message of hope and empowerment has spread to more than 40 countries around the globe, particularly through his national "Stay Woke, Give Back" tour bringing mindfulness to youth in underserved communities. Justin is dedicated to using his voice to serve; to being a beacon of hope for those who are lost, and to making sure all people, of all backgrounds, have access to the information they need to change their lives.



Samantha Novick

Samantha Novick is passionate about amplifying the voices of marginalized and underserved communities, creating equitable opportunities for people with disabilities and sharing kindness with others. She pursues these passions as a speech-language pathologist, owner of her private practice Bridge Therapy and President of The Friendship Journey, a charitable organization that cultivates friendships and enriching experiences for

individuals of all abilities. Samantha grew up in Parkland, Florida. After a violent mass shooting devastated her community, her passion for activism, social justice and philanthropy grew. Samantha is committed to honoring those whose lives were taken due to hatred through acts of love and creating change in their memories. Last year, The Friendship Journey partnered with Dylan's Wings of Change of the Sandy Hook community to develop a free virtual summer camp for teens and adults with disabilities through the Covid-19 crisis called Camp Wings of Friendship. They continue to offer programming as a safe space for all to feel a sense of belonging. Samantha enjoys finding balance through traveling with her husband, exploring nature, meditation and reading.

Garrison Institute CBR Faculty



Gayla Marie Stiles

Gayla Marie Stiles completed her BFA in dance performance and pedagogy from Ohio University. As a professional modern dancer she performed internationally and established outreach programs which used the transformative, healing, and educational aspects of movement in schools, community centers, assisted living, and hospital settings.

Gayla is a founding member of The Garrison Institutes' Transforming Trauma Initiative where she designed and implemented contemplative-based resilience programs for survivors of domestic violence, substance abuse, and the agencies who support them and is a Senior Advisor to the Contemplative-Based Resilience Project. She received her Master's degree from Tristate College of Acupuncture and is a licensed New York State acupuncturist working at New York Presbyterian Columbia University Medical Center in Pediatric and Adult Oncology, Hematology, and Stem Cell Transplant in both inpatient and outpatient settings.



Cathy Trentalancia

Cathy Trentalancia is a faculty member of the Garrison Institute's Contemplative- Based Resilience Project. She has been meditating for over 25 years and has taught in schools, corporations, in studios and privately. Her career spans the fields of media, wellness and education. She worked on both Cosmos series with Carl Sagan and Neil DeGrasse Tyson, among other programs, received a Master's Degree in South Asian Studies from Columbia University, and developed professional development, interdisciplinary and mindfulness curriculum for K-

12. Cathy teaches meditation to sex trafficking survivors at Sanctuary for Families and Back to Humanity and collaborates on workshops with Holistic Life Training. She is also a SEED: Seeking Educational Equity and Diversity facilitator.



Lina Pasquale

Lina Pasquale is the Director of the Contemplative-Based Resilience (CBR) Project, one of Garrison Institute's signature initiatives. Lina is a mission-driven senior and executive team leader with over two decades tenure in the social and human services sector, advancing traumatic stress theory into practice across multiple service industries. She has worked with non-profits and government agencies utilizing a strengths-based and resilience-centered approach with direct service clients and the professionals working within these organizations. In addition, Lina has served as a senior administrator of program operations for non-profit organizations throughout her career.

Lina was awarded the opportunity to participate in the Morgan Stanley Strategy Challenge, resulting in the development of the Center for Trauma-Informed Practice – further expanding trauma awareness training and healing-centered engagement to networks of professional service providers and organizations. She has held positions as a researcher and training specialist for Columbia University, Fordham University, and with the Sanctuary Institute and has taught as an Adjunct Faculty at Iona College. Lina currently serves on the Advisory Board for the national Campaign for Trauma-Informed Policy and Practice (CTIPP). She holds two graduate degrees from Teachers College, Columbia University and The New School for Social Research.