We believe that our best hope for an improved system of health care lies in developing trustworthy, passionate and respectful leaders like you who are capable of creating alignment and a shared sense of purpose in your organizations. Courage & Renewal programs are for physicians, nurses, health care leaders and administrators who want new skills, enhanced capacity and resilience to navigate the complex demands and changes facing health care today.

2017-18 Courage & Renewal Health Care Programs in Minnesota

Courage & Renewal Opportunities within Fairview Health Services

Sponsored by Fairview Health Services • These programs are open to employees at Fairview Health Services, and for employees of affiliated academic and private medical practices. The latter includes 600+ academic faculty, medical residents, and the staff with whom they work, as well as 1,000+ private practice physicians and their staff.

For more information about the programs at Fairview listed below, contact Dr. Loie Lenarz at loielenarz@comcast.net.

Heart of the Healer Introductory Retreats
February 23-24 and September 19-20, 2017 • Oak Ridge Conference Center • Chaska, MN
This retreat is designed to help people explore what brought them into health care and what helps them continue to say “yes” – with joy and purpose – to the work they do daily. As with all of the listings below, music, poetry, visual art and storytelling are used to help people explore these topics.

Exploring Vocational Purpose
March 9-11, 2017 • Oak Ridge Conference Center • Chaska, MN
A three day retreat for physicians, nurse practitioners and other advanced practice clinicians.

Heart of the Healer Retreat Series
Begins in November 2017 • Oak Ridge Conference Center • Chaska, MN
A four-part seasonal retreat series focused on vocational purpose, professional resilience, and reflective practice. Themes include but are not limited to: exploring one’s vocational journey, finding sanctuary in the midst of chaos, creating purpose within our professional community, managing conflicting priorities, developing the courage to use our gifts fully, listening to voices and perspectives different than our own and using our own voice and perspective when it is challenging to do so.
Courage & Renewal Opportunities within Fairview Health Services

Heart of the Healer Alumni Retreat
September 23-25, 2017 · Oak Ridge Conference Center · Chaska, MN
This offering is for any individual who has attended a Heart of the Healer retreat in the past. We have offered two introductory retreats each year, and a retreat series, since 2011. The focus for the retreat is deepening the practices that support our sense of professional wellbeing. Themes include cultivating listening as a practice of presence, deepening one’s ability to be silent/quiet, and engaging in professional relationships from a stance of responsiveness rather than reactivity.

Heart of the Healer Semiannual Gatherings
2017 dates TBD · Location TBD
One day retreats offered to anyone who has attended a full retreat in the past. Over the past 5 years topics have included: Maintaining balance in our lives; creating the capacity for differing perspectives; finding personal voice and agency; personal and professional transitions; the importance of play and having/being enough.

Other Offerings
Since beginning this work in the organization, there have been regular requests for custom offering for teams. These have ranged from short (1.5-2 hours) sessions, to full day retreats. Currently, a shorter session is offered on a one-time basis, and if a team requests further sessions they are asked to commit to a minimum of 3, on at least a quarterly basis.

Courage & Renewal Opportunities within Health Partners
One hour sessions at each clinic on “Regaining and maintaining balance in our lives” · Half day retreats for clinicians, “Finding Balance In Work and Life” · Custom retreats, such as for Regional Leadership Team for Primary Care · For more information, contact Dr. Anand Shah at Anand.K.Shah@HealthPartners.com.

Courage & Renewal Opportunities within Park Nicollet
Periodic 60 minute and 90 minute sessions for Continuing Medical Education · For more information, contact Dr. Anand Shah at Anand.K.Shah@HealthPartners.com.

Courage & Renewal Opportunities within Essentia Healthcare
Periodic programs for self-reflection for clinicians and sessions on self-awareness · For more information, contact Dr. Anand Shah at Anand.K.Shah@HealthPartners.com.