**Healing the Heart of Higher Education:**

**Hour of Refuge**

During the three-day *Heart of Higher Education: The Beauty That Sustains Us* gathering we will explore ways to integrate the inner call to serve others with outer institutional imperatives of efficiency and technical competency. The tension between these necessary elements of higher education can pull us in two competing directions.

This tension can also act as a focal point of innovation and imagination for new ways to flourish as an educator or leader. Moving toward integration requires time and space for reflection and community conversation.

The *Hour of Refuge* is an open forum to gather and continue exploring ideas or questions raised during the daily sessions. It is an informal gathering, and you are welcome to wander in and out of the shared social space as you need.

A Circle of Trust® facilitator will hold this space and you can expect that they will…

* Provide an opening with several minutes of settling and centering to regroup emotionally and spiritually.
* Spark reflection and conversation by revisiting the daily theme through poetry and reflective questions.
* Invite open conversation based on participant interests related to the day, your observations and/or professional applications.

Logistics:

* Offered on Wednesday and Thursday, 5:00-6:00 Mountain Time
* Zoom address
  + <https://udenver.zoom.us/my/paul.michalec>
* Open to all at no additional cost
* Participants are welcome to drop in any time and leave any time they choose