A PLACE TO LAND

Restorative Wellness for Helping Professionals

A two-day, community-facing experience for professionals who spend much of their lives supporting, guiding, protecting, teaching, leading, or caring for others.

DESIGNED FOR

Pilots • Pastors • Teachers • School Leaders • Helping Professionals

THE IDEA BEHIND THE EXPERIENCE

Different professions. Different pressures.

Shared humanity.

AN INTENTIONAL RESTORATIVE EXPERIENCE

Self-awareness • Whole-person wellness • Restorative connection

Listening Circles • Compassionate Witnessing • Practical next steps

ONLY 30 SEATS PER CITY

Community-facing • Two-day experience

THE EXPERIENCE

A Place to Land is designed as a progression, not a collection of disconnected sessions. Participants move from self-awareness to shared connection, then toward perspective, whole-person wellness, and greater agency.

DAY ONE

9:00 AM - 12:00 PM

AWARENESS + CONNECTION

9:00 Welcome + Orientation
Two-day welcome and CARES three-lens approach.

9:10 Check-In
A prompt to settle in and make room for voice.

9:25 The Human Behind the Role
Identity, responsibility, help-seeking and humanity.

10:00 Johari Window
Explore self-awareness without forced disclosure.

10:30 Listening Circle I
Shared-profession listening about responsibility.

DAY ONE

1:00 PM - 4:00 PM

PERSPECTIVE + SHARED HUMANITY

1:00 Biology / Psychology / Biography
How biology, interpretation and experience shape responses.

1:20 Understanding Stress
Distress, eustress and whole-person effects of stress.

2:00 Walk in My Shoes
Paired listening across helping professions.

2:20 Listening Circle II
Cross-professional listening and shared humanity.

3:50 Day One Landing
Reflect on yourself, others and what you learned.

DAY TWO

9:00 AM - 12:00 PM

INTEGRATION + AGENCY

9:00 Check-In
Reconnect and become present.

9:15 Restorative Thought Ladder
Safety, awareness, feelings, agency and action.

9:30 Whole-Person Health
Strength in struggle across body, mind and spirit.

10:00 Compassionate Witnessing
Awareness and presence without taking over.

10:10 Compassionate Witnessing Circle
Practice being seen without being fixed.

11:40 Participant Critique
Anonymous feedback on learning and improvement.

11:45 Next Steps
Continued learning, resources and programs.

THE EXPERIENCE BUILDS

First: “people like me understand.” Then: “someone different from me can still recognize something human in my experience.” Finally: “I can be present to another person without taking over their story.”

WHY THIS EXPERIENCE IS DIFFERENT

THREE EXPERT LENSES

Wellness is not only individual. What happens inside a person affects relationships, and relationships exist inside professional cultures and systems. A Place to Land brings all three levels into one experience.

1

Dr. H. Jean Wright II, PsyD, MDiv

THE INDIVIDUAL

Behavioral wellness, stress, resilience, and whole-person health. Participants gain language for recognizing what they may be carrying without reducing normal human struggle to a diagnosis.

2

Cliff Wright Jr., MS

THE RELATIONAL EXPERIENCE

Consideration, self-awareness, restorative listening, the Johari Window, the Restorative Thought Ladder, agency, and Compassionate Witnessing form the relational core of the experience.

3

Darryl Allen, MPM

THE PROFESSIONAL CONTEXT

Systems thinking, professional culture, Biology-Psychology-Biography, and practical application help participants consider how environments shape what people notice, carry, and do next.

WHAT YOU CAN EXPECT

- Small, professionally facilitated circles
- Choice about what you share
- Cross-professional learning
- Practical reflection and next steps
- No forced vulnerability
- No diagnosing or fitness-for-duty evaluation
- No assumption that every profession is the same
- No substitute for appropriate clinical care when needed

CHOOSE YOUR CITY

Each city is intentionally capped at 30 participants to preserve the small-group, restorative nature of the experience.

CHICAGO

MARCH 11-12, 2027

PHILADELPHIA

JUNE 10-11, 2027

SAN FRANCISCO

AUGUST 12-13, 2027

DALLAS

OCTOBER 7-8, 2027

TWO-DAY FORMAT

Day One | 9:00 AM - 4:00 PM

Day Two | 9:00 AM - 12:00 PM

Community-facing registration • Professional learning • Restorative circles • Reflection

REGISTRATION

Reserve Your Seat

EARLY	STANDARD	GROUP 5+	GROUP 10+
$425	$495	$425 each	$395 each

Limited Community Access seats: $295. Organizations may sponsor participant seats.

Educational and restorative wellness experience; not psychotherapy, diagnosis, medical evaluation, or fitness-for-duty assessment.

RESERVE YOUR SEAT careslp.org