CARES RETREAT EXPERIENCES

Restoration, connection, and growth that extend beyond the event.

CARES designs intentional, professionally guided experiences for people and teams carrying the demands of service, leadership, and change. Rather than stacking presentations, we create a coherent journey of awareness, relational connection, reflection, and practical application.

THE CARES DIFFERENCE: THREE LENSES, ONE EXPERIENCE

INDIVIDUAL	LEADERS + RELATIONSHIPS	ORGANIZATION
Dr. H. Jean Wright II, PsyD, MDiv	Cliff Wright Jr., MS	Darryl Allen, MPM
Psychological insight, resilience, and whole-person wellness.	Consideration, restorative leadership, and listening.	Culture, systems, and the path from insight to action.

THREE SIGNATURE INSTITUTE EXPERIENCES

STRENGTH IN YOUR STRUGGLE INSTITUTE

Explore resilience, hope, stress, life challenges, and the connection between personal wellness and meaningful service.

Experience focus: Make room for the human behind the role and identify sources of strength and support.

BEHAVIORAL WELLNESS INSTITUTE

Explore stress, compassion fatigue, vicarious trauma awareness, self-regulation, boundaries, and whole-person wellness.

Experience focus: Recognize strain, consider support needs, and identify sustainable wellness practices.

RESTORATIVE LEADERSHIP INSTITUTE

Explore Consideration, listening, relational trust, navigating disagreement, accountability, and responsive leadership.

Experience focus: Strengthen the identity and relationships that support healthier teams and culture.

Across every experience: guided reflection, facilitated listening and sharing, relevant learning, and an intentional next step. The content and balance are shaped by the people in the room.

CHOOSE YOUR EXPERIENCE

Both formats are designed as **experiences, not a series of disconnected sessions**. The right choice depends on your participants, desired depth, available time, and the change you want to support.

ONE DAY OR TWO?

ONE-DAY EXPERIENCE

A focused, shared reset

BEST FIT

When time is limited or your group needs a meaningful entry point.

THE EXPERIENCE

A concentrated arc of self-awareness, connection, shared learning, and reflection.

KEY BENEFITS

Easier scheduling; shared language; renewed perspective; one realistic next step.

TAKEAWAY

Clarity on what matters and where to begin.

TWO-DAY EXPERIENCE

Greater depth and integration

BEST FIT

When relationships, team culture, or sustained change need more attention.

THE EXPERIENCE

Time to settle, listen more deeply, revisit insights, and explore application together.

KEY BENEFITS

More relational space; fuller reflection; tailored learning; stronger follow-through planning.

TAKEAWAY

Shared insights and a more developed path for continued growth.

CUSTOM BY DESIGN, WITHOUT LOSING THE EXPERIENCE

We can adapt either format for schools, churches, nonprofits, helping professions, leadership teams, and community organizations. The focus may include burnout, grief, trauma-responsive practice, intergenerational relationships, conflict, leadership transitions, resilience, or organizational culture.

WHAT PARTICIPANTS CAN EXPECT

Purposeful reflection • Professionally facilitated listening spaces • Choice about sharing • Respect for differences • Practical integration • No forced disclosure

DESIGN A RETREAT WITH CARES

Share your audience, goals, location, preferred one- or two-day format, accessibility needs, and budget parameters. CARES will recommend an experience and develop a customized scope and investment.

careslp.org/contact/

Nonclinical unless separately requested