



**South-Central Synod of Wisconsin  
Evangelical Lutheran Church in America**  
God's work. Our hands.

## **SPEAKER'S BUREAU CONTACT INFORMATION**

### TOPIC: Retreat Planning

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### DESCRIPTION OF OFFERING:

Retreats can have various purposes and must be designed with care to accomplish the results you desire. Whether your aim is to build trust and mutual understanding, foster healthy communication, allow time for personal growth and faith formation, offer leadership training, or all of the above, I would be honored to work with you to co-create a retreat for your congregation or group.

#### Examples of Retreat Themes:

- Resilience and Thriving
- Leaps of Faith: Mindful Life Transitions
- Exploring Contemplative Practices (see details under Contemplative Practices listing)
- Facilitative Leadership Development (see details under Facilitative Leadership listing)
- Transforming Church Councils
- Embracing Differences, Honoring Gifts
- Create Your Own Theme!

BIO: Sandy has over 30 years of training and experience in facilitation (retreats, workshops, meetings), process improvement and team coaching. She holds a Master's degree in Human Resource Management with an emphasis in Learning and Development. She has trained leaders in non-profits, healthcare, and government settings and has served as a congregational leader in various communities. She co-facilitates a week-long leadership course called, the Journey of Facilitation and Collaboration, which uses an integral or holistic model to maximize group effectiveness and innovation.

Sandy also has a background in the health and wellness field, is certified in meditation and Qigong/Tai Chi (Institute of Integral Qigong and Tai Chi), resilience training (National Wellness Institute) and is trained in Centering Prayer (COSEW). Currently retired from full-time work, Sandy enjoys devoting her time to the things she loves most: Retreat planning, facilitation training, Qigong and meditation instruction, personal contemplative practices, biking and time with her precious grandchildren.