



Rising Strong™: A Retreat for Clergy

*A sacred space for clergy to explore
how we rise with courage
When we've fallen
based upon the research of Dr. Brené Brown*

Monday, January 27 - Thursday, January 30, 2020

Begins at 2:00 p.m. and ends with lunch

Valle Crucis Conference Center

Cost: \$525 includes lodging, meals, & program

\$360 commuter rate includes meals & program

Registration is limited to 20 participants

*Enjoy the healing beauty of Valle Crucis Conference Center,
located in the heart of the Blue Ridge Mountains two hours from the Charlotte airport.*

**To register, visit www.vcconferences.org/programs to register safely and securely online, or
call Valle Crucis Conference Center at (828) 963-4453**

We live and serve in anxious times amidst a multitude of internal and external voices that define what success looks like in our ministries. We all have times when we fall short - both in our vocational and our personal lives. As leaders in very public roles, it's hard to find a safe space to work our "failures" through. Dr. Brené Brown's **Rising Strong™** process helps us peel back the layers of the stories we are telling ourselves and points a way forward where we can re-engage our work and lives with our whole heart.

We will wrap this experience in prayer and community, as we find our way forward together. Due to the nature of the work we will do, this event is alcohol-free. We also ask that participants be present for the entire event—we are unable to accommodate late arrival and early departure. Commuters are welcome, but we ask that you be present for all sessions and meals.

Facilitated by the Rev. Karla Woggon and the Rev. Cynthia Banks, both Certified *Daring Way™* Facilitators. Additional clergy who have been through this Daring Greatly for Clergy retreat assist as small group leaders.



The Rev. Cynthia Banks serves as Rector at St. Luke's Episcopal Church, Boone, NC. Ordained in 1994, Cyndi has served a range of churches in small town, rural, and urban areas, finding her way to Boone in 2004. Cyndi is married, the mother of a teenager, stepmother to a grown son, and is obsessed with golf. *"Brené Brown's work has set my leadership free like nothing else I've learned, increasing my capacity to take risks and find my way through tough places."*

The Rev. Karla Woggon serves as the Rector of The Episcopal Church of the Ascension in Hickory, NC. Ordained in 1995, she has served parishes in the Diocese of Louisiana and Washington D.C. and was delighted to return to her home diocese of Western North Carolina in 2007. Karla is married and has two adult step children. She loves hiking, backpacking, sea kayaking, and just being in the wilderness any chance she gets. *"Brené Brown's work has helped me find the courage to say yes and live brave even while I'm shaking in my boots. Her work has unleashed new passion in my personal and professional life."*



For those interested, here are some resources to introduce you to Brené Brown's work:

- **TED Talks:** www.ted.com/talks/brene_brown_on_vulnerability and www.ted.com/talks/brene_brown_listening_to_shame
- **Books:** *The Gifts of Imperfection; Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*; *Rising Strong: How the Ability to Reset Transforms the Way we Live, Love, Parent, and Lead*; *Dare to Lead: Brave Work, Tough Conversations, Whole Hearts*
- **Audio CD or download:** *The Power of Vulnerability*



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Registration Form

Please complete entire form and mail with your deposit check to the address below. Registration can also be found online. Checks can be made payable to VCCC.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Primary Phone: () _____ Email: _____

Confirmations are made by email. Please include an email address when possible.

\$525 Full Program

\$360 Commuter (*Program and meal costs; participants must be present for all meals and sessions*)

A \$100 non-refundable deposit check secures your reservation, with remainder of balance due on arrival.

You are also welcome to send the full amount in advance.

You may also register quickly and securely online at vcconferences.org/programs

Diet requests, relevant allergies, rooming requests, or other needs: _____

This program is limited to the first twenty participants. Early registration is encouraged!

- Housing is in the Inn. Lodging is beautiful, impeccably clean, and comfortable - but there are no standard-size rooms. **While we will work very hard to accommodate your housing needs, a single room accommodation cannot be guaranteed.** If you have a medical reason to request a ground-floor room, please note it in the section above and we will do our best to accommodate you. Ground-floor rooms are extremely limited and will be assigned on a first-served basis.
- **We are a pet and smoke-free facility.** Smoking, *including vaping*, is permitted in designated outside areas only. You may be subject to a \$100 fine if evidence of smoking is found inside our historic buildings, including a pervasive odor of smoke and/or cigarette butts in trash.
- **Deposits are non-refundable.** We appreciate that unforeseen circumstances may arise that prevent your attendance; in that case, we will consider your deposit a tax-deductible donation to our ongoing ministry.
- We serve hearty, nutritious, delicious meals. Our kitchen will do their utmost to meet dietary requirements. If you have diet requests, please let us know at least 14 days in advance so that we can prepare accordingly. If you have questions regarding our food service, our food service manager Alex Fish would be happy to assist. You can reach him directly at (828) 963-5968 or at dining@vcconferences.org.
- A full itinerary will be sent closer to the conference start. Check-in is no earlier than 1:00 p.m. and check-out is no later than 10:00 a.m. on closing day for this conference. Conferences & retreats may continue in meeting spaces after check-out time.
- Registration for programs can be found on our web site, www.vcconferences.org. Please feel free to make photocopies of this brochure and any related materials to pass along.
- We are located 9 miles outside of Boone, NC (2 hours from Asheville, Winston-Salem, and Charlotte). GPS address is 146 Skiles Way, Banner Elk, NC 28604. If you would like assistance in booking ground travel from regional airports, please call the office at (828) 963-4453.