



## OUR APPROACH

We at Courage of Care firmly believe that we have the capacity to wisely, fiercely and creatively respond to the enormous social, economic and environmental challenges before us from a radical stance of love and compassion that helps us work for and on behalf of all.

Many of us are already hard at work on this path. Some of us support our caring and social service professionals, activists, community leaders, parents and others sustain and flourish in the work by helping them deepen their capacity for love and compassion. Others of us support individuals, institutions and organizations to strengthen their transformative capacity by helping them develop a critical social analysis and tools for transform complex systems.

We see tremendous power and potential in integrating these approaches. Our collective liberation is contingent upon our ability to recognize and transform to the inequitable, unjust and oppressive systems in which we are embedded. Our freedom is also contingent upon our ability to stay grounded in radically inclusive love. If we do not work to uproot or transform our own internal processes of othering and oppression, we may end up inadvertently recreating the very structures of violence and domination we wish to dismantle.

Our team therefore has developed an integrated strategy designed to support and empower us all to co-imagine and co-create more just, compassionate communities. We do this by helping us collectively learn to:

- 1) **ENVISION** more caring and meaningful communities and systems;
- 2) **LOVE** in more sustainable and compassionate ways;
- 3) **SEE** the systems and structures that inhibit our capacity to connect in just, equitable ways;
- 4) **HEAL** from collective forms of trauma and oppression and the loss of community; and
- 5) **TRANSFORM** systems and strategize capacity building necessary to realize and sustain our shared visions.

These five stages serve as “blueprint” for Courage of Care’s work. Our diverse team of leaders--with years of experience in education, health care, social work, trauma-informed care, contemplative studies, and social activism--works to help individuals, communities and organizations realize their courageous, caring potential by offering training, consulting and advocacy services. We hope you will join us.

## OUR WORKSHOPS AND COURSES

Our team at Courage of Care has developed a five-module program that can be adapted to meet the diverse needs of various communities and organizations.

### **1) ENVISION: Foundations of Compassionate Systems**

This course provides a blueprint for creating compassionate communities and organizations. Participants learn to connect with and articulate their highest aspirations for this work and learn the need for integrating personal development with a systems lens to deeply transform and strengthen communities. Participants are also introduced to a series of contemplative practices that are foundational to cultivating stable compassion and care. They also are introduced to the personal and systemic inhibitors to realizing compassionate communities, and are guided through a series of reflections for redefining community.

*\*The ENVISION course can be offered in one- or two-day workshops and can be tailored to meet the needs of your community or organization. We also offer a six-week online version.*

### **2) LOVE: Tools for Cultivating Care and Compassion**

This course provides an overview of the science of care and compassion. Participants are introduced to the theory and practice of Courage of Care's relational model for cultivating sustainable care and learn tools for receiving care, extending care, and deep self care.

*\*The LOVE course can be offered as a one- or two-day workshop, following a one- or two-day ENVISION workshop. We also offer six- to ten-week online versions of this course.*

### **3) SEE: Tools for Personal and Social Transformation**

This course builds on participants' knowledge and the practices introduced in the previous two modules. The goal is to help participants expand and strengthen relationships within their organization or community. To do that, the course offers participants insight into the complex social and structural inhibitors to connection—including bias, stereotyping, privilege, inequity, individualism and competition—as well as methods for beginning to more quickly recognize and overcome those inhibitors.

*\*The SEE course can be offered as a one- or two-day workshop, following the team's successful completion of a LOVE workshop or its online equivalent. We also offer six- to ten-*

*week online versions of this course with coaching, and can tailor this module to meet the diverse needs of various groups.*

#### **4) HEAL: Tools for Healing and Community Building**

This course acknowledges the need for time and space for healing within our organizations and communities. We recognize that many are under pressure to name and address challenges within our communities as quickly as possible. Yet without allowing time and supportive processes for healing from forms of disconnection, burnout, loss of purpose or meaning, isolation, exclusion and so on, our efforts are built on a fragile base. This course offers diverse processes to support all community members on their healing journeys.

*\*The HEAL course can be offered as a one- or two-day workshop, following the team's successful completion of both LOVE and SEE workshops or their online equivalent. We also offer six- to ten- week online versions of this course with coaching, and can tailor this course to meet the needs of various groups.*

#### **5) TRANSFORM: Toward Equitable, Compassionate Systems**

This course continues to support participants in deepening their personal development skills while also introducing them to introductory tools for understanding and transforming the systems in which they are embedded. Participants learn the basic principles of systems mapping and community organizing, and learn ways of building collective capacity to sustain and grow their movement.

*\*This is our most highly tailored module. We work in consultation with teams to determine the best format for this training.*

#### **OUR COMMITMENT**

We believe strongly in carrying this work forward in diverse communities and organizations and are open to discussing the structure, scope and sequence of the programs described above.

**Please contact Brooke D. Lavelle, Ph.D. ([brooke@courageofcare.org](mailto:brooke@courageofcare.org)) for more information.**

**Thank you!**

[www.courageofcare.org](http://www.courageofcare.org)