

# COURAGE OF CARE

A NON-PROFIT DEDICATED TO EMPOWERING  
PERSONAL AND SOCIAL TRANSFORMATION



## PROGRAM OVERVIEW

# WELCOME

BROOKE D. LAVELLE, PH.D., PRESIDENT

## OUR APPROACH

We at Courage of Care believe in the possibility of a more caring, just world. We launched in 2016 in order to provide a community and platform to help social service and caring professionals, activists, community leaders, parents and all others who care about our world deepen their profound capacity for compassion and creativity and also to learn ways of critically assessing, navigating and transforming complex systems within which they are embedded with a strong sense of purpose and agency. We see the integration of contemplative training, critical pedagogy and systems thinking as critical to our project of collective liberation.

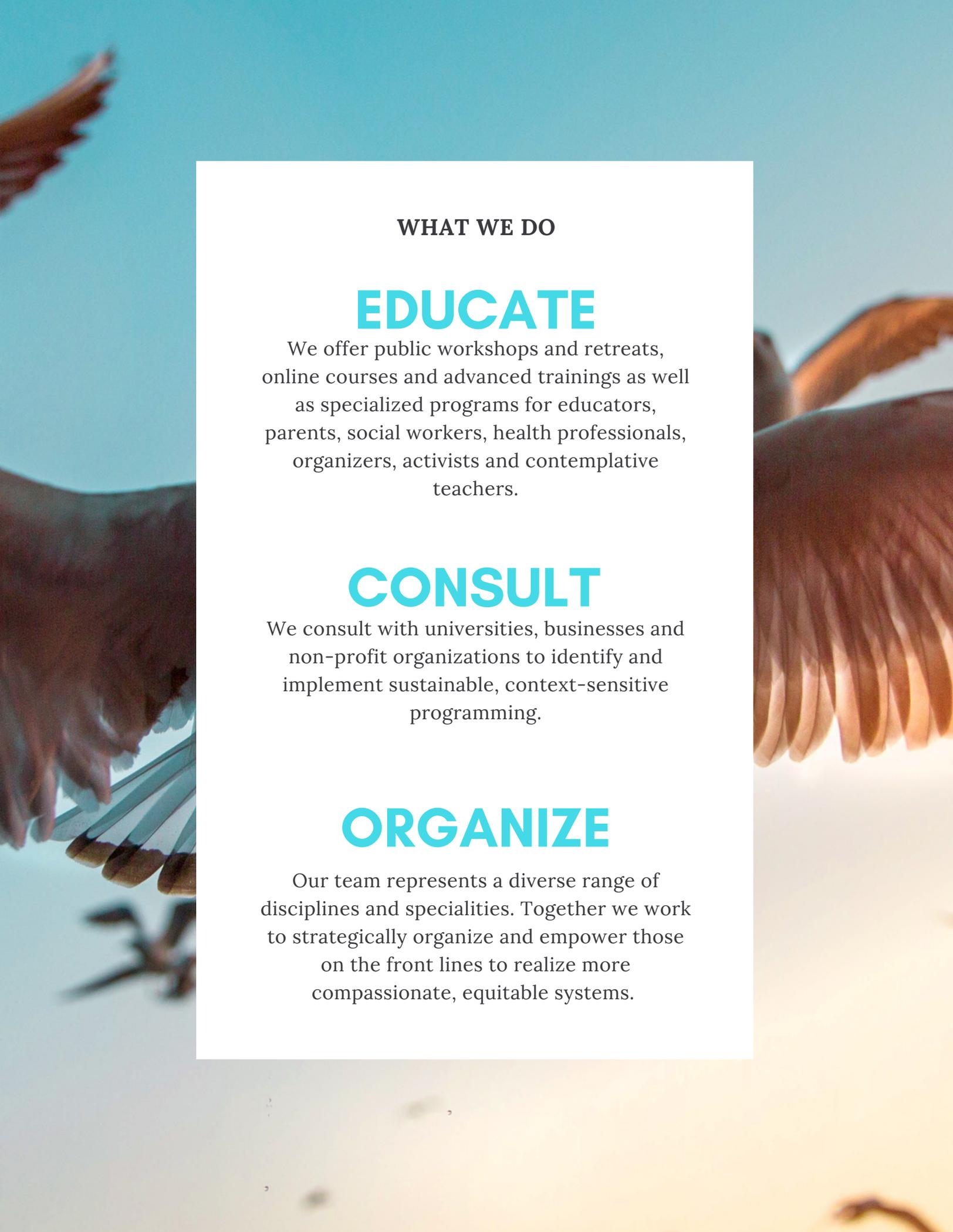
Our contemplative trainings are designed to help people access a more sustainable source of love and compassion that can nurture and support them in their life and work. The strength of this contemplative approach is that it is a relational model which draws upon and is inclusive of diverse religious, spiritual and psychological traditions and that it also offers a critique against a highly individualistic framework, which we understand to be at the root of a number of challenges we face today, including loneliness, isolationism, competition for resources, breakdown of communities and separation from and degradation of our environment.

We know that contemplative and spiritual development is central to helping us not only reconnect, but to survive and flourish. We also feel strongly that transformative social justice requires more than just personal transformation. Our liberation is contingent upon our ability to understand structures and systems of oppression, domination, and inequity that inhibit our capacity to realize a more caring, just world. If our contemplative training is not coupled with a critical social and systemic analysis, we may not only fail to transform oppressive systems, but we may end up reproducing them.

We therefore developed a movement-based model that integrates tools for both personal and social transformation to help us all develop the courage and skills necessary to realize and sustain our shared visions.

Our diverse, interdisciplinary, intergenerational and interfaith team—with years of experience in education, health care, social work, trauma-informed care, contemplative studies, and social activism—offers education, training, consulting and advocacy services across the country to help individuals, communities and organizations realize their courageous, caring potential.

We hope you will join us.



## WHAT WE DO

# EDUCATE

We offer public workshops and retreats, online courses and advanced trainings as well as specialized programs for educators, parents, social workers, health professionals, organizers, activists and contemplative teachers.

# CONSULT

We consult with universities, businesses and non-profit organizations to identify and implement sustainable, context-sensitive programming.

# ORGANIZE

Our team represents a diverse range of disciplines and specialities. Together we work to strategically organize and empower those on the front lines to realize more compassionate, equitable systems.

# THE BLUEPRINT

AN INTEGRATED, MODULAR APPROACH TO TRANSFORMATION

*Our programs and trainings can be adapted to meet the diverse needs of various communities and organizations.*

## ENVISION

*Foundations of Compassionate Systems*

This module provides a blueprint for creating compassionate communities and organizations. Participants learn to connect with and develop their highest aspirations for their work and learn the need for integrating personal development with a systems lens to deeply transform and strengthen communities.

## 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.

## SEE

*Tools for Personal and Social Transformation*

This module offers participants insight into the complex social and structural ways in which certain groups of people are seen or not seen based on categories of identity (e.g. race, class, gender, sexual orientation, etc.).

Participants are given tools to analyze their own communities, reflect on the challenges that they and many others face, and consider constructive ways of providing the community space for healing and transformation.

## HEAL

*Tools for Resilience, Restoration and Repair*

This module offers methods to support people in healing from diverse forms of disconnection, isolation and personal and collective trauma. We offer methods for enhancing resilience and optimal health, as well as tools for restoring and repairing relationships at the personal, interpersonal and community level.

## TRANSFORM

*Tools for Enacting Compassionate Systems*

This module provides participants 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.



## ADVANCED TRAININGS

### COURAGEOUS COMPASSION FOR PERSONAL TRANSFORMATION

*An updated facilitator training for all those interested in bringing more engaged compassion to our world.*

Our spiritual and contemplative teachers are being called upon to help nourish, support and sustain those on the front lines of social service and caring professions, while upholding the values of love, justice, live-giving joy and inclusivity in the face of threat, oppression, violence and apathy.

Our Courageous Compassion Facilitator training is designed for contemplative teachers and leaders interested in deepening their practice of Courage's relational and sustainable compassion training and learning how best to integrate contemplative teaching with inclusive, critical pedagogy and practice.

### COURAGEOUS LEADERS FOR COLLECTIVE LIBERATION

*A program for social service professionals, community organizers, spiritual activists, and all who care about our world.*

In these trying times, we are being called to lead together—ever more urgently—with courage and compassion.

We believe that courageous, compassionate leadership embodies many forms, and that it is most effective when grounded in deep, loving contemplative practice and an unwavering commitment to liberation for all.

Our Courageous Leaders for Collective Liberation Program is therefore designed to support those who wish to both strengthen an existing contemplative practice as well to commit to taking action to make systems and communities they serve more caring and just.



# WORKSHOPS

## COMPASSIONATE COMMUNITIES THAT CHANGE THE WORLD

***“What you build is infinitely more important than what you tear down.”*** -Brittney Cooper

We face unprecedented social, economic, and ecological challenges. We believe we have the capacity to wisely, fiercely and creatively respond to the challenges before us from a radical stance of love and compassion that helps us work for and on behalf of all. Our workshops offer groups and communities tools to build the relationships necessary for sustainable work, and also practices to develop the collective vision and systems tools necessary for transformation.

## SUSTAINABLE COMPASSION FOR THOSE THAT SERVE

***“All real living is meeting.”*** -Martin Buber

Teachers, parents, organizers and many others in service and healing professions are called to the work out of a deep sense of care and conviction that we can alleviate pain, suffering and injustice. Yet many of us are burning out, in part because we are overworked and under-supported, and also because of a deep sense of isolation and a feeling that there is little we can ultimately do to transform the systems in which we work. Our Sustainable Compassion program is designed to address these sources of burnout by helping us learn deep relational practices for receiving care, self care and extending care, and to find ways of building the intra- and inter-personal relationships necessary to help us not only sustain but thrive.

## COMPASSION AND SOCIAL JUSTICE: WHAT'S LOVE GOT TO DO WITH IT?

***“Justice is what love looks like in public.”*** -Cornell West

Many great teachers have pointed to the importance of deep spiritual work for sustainable social change. If activists do not cultivate their capacity for care, they may end up recreating the very structures of oppression they wish to dismantle. And without a critical systems lens, spiritual practitioners may also recreate patterns of violence and othering that inhibit liberation. These workshops are designed to draw out the deep connections between spiritual practice and social justice activism, and to help us apply those insights in our life and work.

## TOWARD THE BELOVED COMMUNITY: BUILDING COMPASSIONATE SYSTEMS

***“Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives.”***

— Martin Luther King Jr.

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, our efforts are built on a fragile base. This course offers diverse processes to support all community members on their healing journeys while also introducing them to systems thinking and organizing tools. Participants learn the basic principles of systems mapping and community organizing, and learn ways of building collective capacity to sustain and grow their movement.

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# CONSULTING PROJECTS

*Our programs and trainings can be adapted to meet the diverse needs of various communities and organizations.*



## **COURAGEOUS, COMPASSIONATE SCHOOLS**

We offer educators, administrators, counselors, students, and parents tools for strengthening their capacity for care and connection to foster cultures in which all people feel seen, welcome, and supported. We also work to help schools understand and begin to address various forms of structural inequity plaguing our education system so that we may create conditions for all to realize their fullest potential.



## **COMPASSION, INCLUSION AND EQUITY IN HIGHER EDUCATION**

There is a growing and necessary call for diversity, equity and inclusion in higher education. We are working to support various programs and contemplative centers to not only deepen their understanding and integration of best practices, but also to become courageous leaders of critical emerging work in this area.



## **SOCIAL JUSTICE TRAINING FOR CONTEMPLATIVE ORGANIZATIONS**

We help contemplative centers and spiritual organizations learn to recognize, assess and ultimately transform systemic forms of oppression--including racism, sexism, classism and so on--embedded within their traditions. Through creative visioning, storytelling, relationship and community building, we help them develop a sustainable set of tools and strategies to support compassion-based anti-oppression work within their communities for the benefit of all.



## OUR TEAM

Brooke D. Lavelle, Ph.D., Ana Hristic, MSW, Chrissy Colon Bradt, M.A., Kelly Moore, Ph.D. Veta Goler, Ph.D., Martin Vitorino, Ph.D., Annie Hardison-Moody, Ph.D. Abra Vigna, Ph.D., Lori Gustafson, Gail Philips, Ivey Cruz, Ph.D., Catherine Shaddix, Psy.D.

## OUR ADVISORS

John Makransky, Ph.D., Julie Forsythe, Ed Porter, Evan Jones, Wendy Hasenkamp, Ph.D., Wendy Farley, Ph.D., Melanie Harris, Ph.D., Jason Thompson, Ph.D., Liz Aeschlimann, Katherine Bonus, Rabbi Sheila Weinberg, Paul Knitter, Ph.D., Rob Roeser, Ph.D., Cliff Saron, Ph.D., John Dunne, Ph.D., Paul Gilbert, Ph.D., Bobbi Patterson, Ph.D., Arthur Zajonc, Ph.D., Cathy Cornell, Cheryl Giles, Psy.D., Lama Willa Miller, Ph.D., Harold Roth, Ph.D., Pamela Seigle, MSW, Judith Simmer-Brown, Ph.D., Carol Worthman, Ph.D.

## OUR PARTNERS

Penn State, University of Virginia, Stanford University, University of Pennsylvania Graduate School of Education, Mclean Hospital, Northwest Association of Independent Schools, Smith College, KIPP Schools, Kindle Farm School, Greenwich Country Day School, Center for Youth Wellness, Acknowledge Alliance, Boston College, Allina Health, Compassionate Mind Foundation, University of Kansas, University of Oregon, The Schwartz Center for Compassionate Health, Eastside Preparatory School, Mt Lebanon School District, Empathy and Compassion in Society, The Putney School.

# SPONSORSHIP

WE NEED YOUR SUPPORT

JOIN US TODAY AND HELP US REALIZE A MORE COMPASSIONATE, JUST WORLD

*Courage of Care is a 501(c)3.*

## **Courage Benefactor: \$250,000**

Support our core annual operating costs and help us grow.

## **Paradigm Shifter: \$100,000**

Support one of our year-long compassionate systems or community organizing programs and help us expand and strengthen our approach.

## **Network Builder: \$50,000**

Strengthen our networks and help u build partnerships with other communities and organizations through convening, training and collaboration.

## **Team Supporter: \$25,000**

Support our bi-annual team professional development trainings that nurture our core team's knowledge, skills, capacities and commitment.

## **Training Sponsor: \$10,000**

Sponsor a multi-day workshop or program series for a local community, school or organization.

## **Scholarship Contributor: \$5,000**

Provide one full scholarship to an emerging spiritual activist for our advanced trainings.