



## OurSpace Retreat 2018

### Day 1: Thursday

2:00pm – 4:00pm	Check In
4:00pm – 6:30pm	Orientation
7:00pm – 8:00pm	Dinner

### Day 2: Friday

7:30am	Corrective Movement Class with Movement Specialist Jessica Stone
	Appalachian Trail Hike Morning Meditation
9:00am	Breakfast
10:30am – 1:00pm	<p><b>Safe &amp; Sound Level One Teacher Training</b>  <b>Session 1: Welcome &amp; Overview</b>  <i>Creating a safe space. Establishing credibility.</i></p>
	<p><b>ListenFirst: Day One: The Listening Turn</b>  <i>This day begins with distinguishing what listening is from what it isn't. Once participants identify their typical "listening" habits, the day is spent breaking down those habitual responses and replacing them with one very clear and simple "How to." Through demonstrations, role plays, and skill practices, people learn how to listen to anyone, at any time, and under any circumstance — at work and at home.</i></p>
1:15pm – 2:15pm	Lunch

2:30pm – 5:00pm	<b>Safe &amp; Sound Level One Teacher Training</b> <b>Session 2: The Interview</b> <i>Distinguishing the conversation that leads up to an attack.</i>
	<b>ListenFirst: Day One: The Listening Turn</b> <i>This day begins with distinguishing what listening is from what it isn't. Once participants identify their typical "listening" habits, the day is spent breaking down those habitual responses and replacing them with one very clear and simple "How to." Through demonstrations, role plays, and skill practices, people learn how to listen to anyone, at any time, and under any circumstance — at work and at home.</i>
5:15pm – 6:15pm	<b>Self-Defense Strategies – Shihan Gene Dunn</b> <i>Self-defense training from the ground up.</i>
6:30pm – 7:30pm	Dinner

### Day 3: Saturday

7:30am	Corrective Movement Class with Movement Specialist Jessica Stone
	Appalachian Trail Hike Morning Meditation
9:00am	Breakfast
10:30am – 1:00pm	<b>Safe &amp; Sound Level One Teacher Training</b> <b>Session 3: The Dance</b> <i>Laban based exercises to distinguish movement elements of domination using Space and Time.</i>
	<b>ListenFirst: Day Two: The Speaking Turn</b> <i>Why do we hesitate or put off, entirely, speaking to someone about his/her problem behavior? Isn't it primarily our not wanting to deal with the inevitable negative reaction? As participants follow the simple steps of the transformative ListenFirst emotional control cycle, they see not only how to manage peoples' reactivity, but also how to raise any issue and word it inoffensively.</i>
1:15pm – 2:15pm	Lunch

2:30pm – 5:00pm	<b>Safe &amp; Sound Level One Teacher Training</b> <b>Session 4: De-escalating Confrontation</b> <i>Basic and effective release and run self-defense techniques.</i>
	<b>ListenFirst: Day Two: The Speaking Turn</b> <i>Why do we hesitate or put off, entirely, speaking to someone about his/her problem behavior? Isn't it primarily our not wanting to deal with the inevitable negative reaction? As participants follow the simple steps of the transformative ListenFirst emotional control cycle, they see not only how to manage peoples' reactivity, but also how to raise any issue and word it inoffensively.</i>
5:15pm – 6:15pm	<b>Karate Classes – Shihan Gene Dunn</b> <i>Come practice karate stances, punches and kicks and discover the world of power, grace and love that lies at the heart of martial arts. Prepare to sweat!</i>
6:30pm – 7:30pm	Dinner

#### Day 4: Sunday

7:30am	Corrective Movement Class with Movement Specialist Jessica Stone
	Appalachian Trail Hike Morning Meditation
9:00am	Breakfast
10:30am – 1:00pm	<b>Safe &amp; Sound Teacher Training: Mocks &amp; Assessments</b> <b>Session 5: Final Presentations</b> <i>Putting it all together. Each participant will have the opportunity to lead a portion of the workshop.</i>
1:00pm – 3:00pm	<b>ListenFirst (Creating Our Space – Wherever you are – Mocks)</b>
5:00pm	BUS TO NYC