



**LEADING FEARLESSLY, TRANSFORMING RELATIONSHIPS**

# HEAL2

**MAY 14-17, 2020**

Spring Green, WI



*IZL has allowed me to go where I would have not imagined earlier. I'm fulfilling my own personal dreams and also feeling ready, open and prepared to help others to improve health and educational systems. It's not about me, but about cultivating, unleashing and applying the energy flowing through me.*

– Dr. Cindy Haq, M.D., Chair,  
Dept. of Family Medicine, University of CA, Irvine

## Take the next step to unleash your Healthy Embodied Agile Leadership:

Practitioners and leaders in healthcare often struggle to be present for suffering and difficult others, yet efforts to be emotionally sealed off don't work either.

There is a better way. And HEAL2 lets you experience it and build practices to maintain it. Learn how to take away fear, expand influence, empower the best in others, resolve conflict, strengthen relationships and work from a stronger sense of connection.

***A completely different way of learning to lead for yourself and others with integration of mind, body and spirit.***

– Dr. Alexandra Adams, M.D., Ph.D., Director,  
Center for American Indian and Rural Health Equity,  
Montana State University

### CO-SPONSORS:



**Department of Family Medicine  
and Community Health**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



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## OUTCOMES

- Concrete practices for rooting out fears, first in oneself, then in others
- Practices to access a state of connectedness that builds resilience and takes away fear
- Ways to use the energy of conflict, and physical practices for “controlling the riot within”
- A tool for resolving multiple perspectives and using them as a source of energy
- Learning how to work with shadow-side resistance and its connection to fear
- Practical tools and ways to empower others and bring out their best.

**PLUS:** discussions around healthcare challenges and what practitioner-leaders can do.

## WHO SHOULD ATTEND?

Open to graduates of HEAL, The Zen Leader, or equivalent experience.

Participants are encouraged to attend in colleague pairs to enhance application of practices in their home systems afterwards.

*Take time to learn more about yourself and connect emotionally, physically, mentally and spiritually. This experience is life changing and will help you to balance among the daily chaos.*

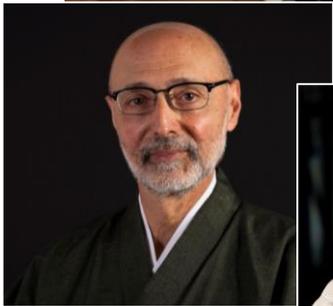
– Melissa Bergerson, Chief Nursing Officer, Black River Memorial Hospital

*This program is infused with wisdom and truth. It gives each participant the skills to create the necessary conditions to live and lead from your most effective self.*

– Kristi Crymes, DO, Family Physician



REGISTER NOW:  
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## LED BY

### Healthcare practitioners, leadership experts and Zen teachers

associated with the UW Dept. of Family Medicine and Community Health (DFMCH) and the Institute for Zen Leadership (IZL), including Beth Potter M.D., Adrienne Hampton, M.D., Bethany Howlett, M.D., Ken Kushner Roshi, and Ginny Whitelaw Roshi, founder of IZL.

## ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by the HEAL program and SSM Health. SSM Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### ACCME – physicians

SSM Health designates this live activity for maximum of 25 *AMA PRA Category 1 Credits™*.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### ANCC – nurses

SSM Health designates this live activity or a maximum of 25.0 ANCC contact hours.



## SCHEDULE

### 6pm Thurs. – 1pm Sunday

On Fri., Sat. and Sun., we start early (6 am) and run late, with flex time in the afternoon. The weekend is carefully balanced with time for meditation, physical training, practical application, and reflection.

## LODGING

We've negotiated a discounted rate at the beautiful, nearby [Silverstar Inn](#). Once you register and indicate your lodging preference, we'll take care of reserving your room. A limited number of shared rooms are available at a reduced price.

## COST

Includes all program materials and meals

**\$ 1515 Prgm + private room**

**\$ 1365 Prgm + shared room**

**\$ 1095 Program only**

Contact [bill@zenleader.global](mailto:bill@zenleader.global) for a sample letter asking your organization to sponsor you, or if you wish to apply for a limited number of scholarships.

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