

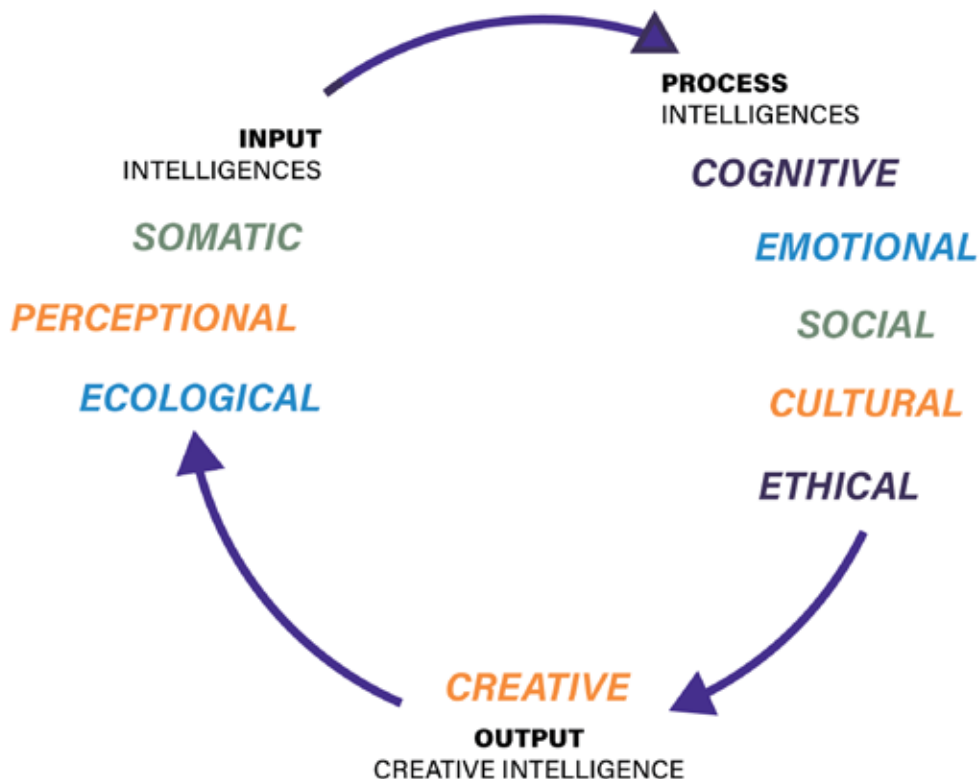


HUMAN POWER IN THE FACE OF A.I.

OCTOBER 13-15, 2023
8:30am - 4:30pm

Feeling overwhelmed by today's rapid technological changes? You're not alone. Even the most accomplished professionals struggle to keep up with the pace of progress. That's why we've created a special 3-day retreat focused on resilience and wellbeing for leaders like you.

Through inspiring lessons, provocative discussions, and reflective journaling, we will explore nine key intelligences: somatic, perceptual, environmental, cognitive, emotional, social, cultural, ethical, and creative, which when consciously put together, define your inner economy.



Explore timeless questions that tacitly and overtly impact the success of all parts of our life.

In this course you will learn research-based techniques to:

- reduce anxiety, increase resiliency and thrive in times of uncertainty.
- develop skills related to mindfulness, empathy, creativity, and purpose.
- gain strategies to reconnect with your core values.
- navigate difficult situations, work better as an individual, in groups, or in community.

As leaders in technology, peace and security, education, and governance, your well-being impacts society. Invest in yourself and your mission by joining this timely retreat. Rediscover your passion. Refuel your soul. Let's grow and thrive together.

THE DETAILS

This course is being offered by the Institute for Inner Economy in partnership with Women In International Security (WIIS), and the University of California, Santa Cruz's Center for Applied Values and Ethics in Advancing Technologies (CAVEAT). A certificate will be awarded at the end of the course.



ABOUT YOUR INSTRUCTOR

For more than 30 years, Dr. Lisa Berkley has worked within the peace and security sector with a focus on human security and how we thrive and live in peace as individuals and community. She is founder of the Institute for Inner Economy and is the Director of Resiliency and Wellbeing at Crown College, University of California, Santa Cruz where she teaches courses on: the intersection of ethics and technology and its application to society and governance; as well as building a purposeful life rooted in resiliency and well-being.

LOCATION: UCSC MBEST CENTER
3180 Imjin Rd
Marina CA 93933
(15 min North of Monterey CA)

COST: Introductory rate of \$1800
Covers course material, snacks, beverages, and lunch
Partial scholarships available on an as needed basis

AIRPORTS: Monterey Regional (MRV)
San Jose Mineta (SJC)
San Francisco International (SFO)

PAY LINK: For more information or to pay online, or go to innereconomy.com/human-power

For More Information:

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