



LUMUNOS

SHINE A LIGHT ON YOUR CALLING

May 2024 E-News
Workplace Well-Being



"Rest and self-care are so important. When you take time to replenish your mind, body, and spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."

- Eleanor Brown

**Introducing Lumunos Leadership Trainings
for Well-Being in the Workplace!**



Dear Lumunos Friends,

Outside of our homes, there is no place we spend more time than at work. Once there, we often switch into "work mode" with colleagues and clients, hyper-focused on the tasks at hand. Within this hurried culture, workplace leaders and managers tend to prioritize logistics and productivity over relationships and meaning amongst staff...leading to an organization with more stress and less soul.

For nearly 100 years, Lumunos has helped people find greater purpose and call in their personal and spiritual lives. We now have the opportunity to use our unique approach and resources to help transform the culture of diverse workplaces, with a focus on building greater empathy, reflection, trust, and teamwork...restoring some soul to the workplace.

Through the generous support of the Bauer Family Foundation, we are thrilled to introduce our new [Leadership Trainings for Well-Being](#) in the Workplace! These 1-2 hour workshop sessions are meant for leaders and managers within health and social service agencies, schools, businesses, faith communities, government entities and more who want to strengthen their relational and teambuilding skills.

The above picture is from one of our first new pilot trainings earlier this week with the New Arrivals Institute in Greensboro, NC!

Each workshop includes skill-building content curated to your organization's specific needs, plus time for colleagues to share their experiences and brainstorm ways of dealing with their real-time issues and challenges.

We offer one-time workshops for an unlimited number of participants, as well as a six session intensive team building cohort for up to a dozen selected organizational leaders based on the following topics:

Being Called to Leadership, Building Emotional Intelligence, Communication Strategies, Developing Positive Team Culture, Leading in Times of Change, and Setting Priorities.

All sessions can be conducted virtually or in-person, and operate on a sliding scale fee based on organizational budget to ensure affordability. Sessions are led by Lumunos staff and consultants who are highly experienced and compelling presenters, as well as sensitive and skilled facilitators.

It is important to note this area of work is not entirely new for Lumunos. As our Program Director Doug Wysocky-Johnson shares in the below article, we've been making a significant impact through leadership training with clinicians in health settings for nearly a decade. Lumunos also has a remarkable history of providing Leadership Training Institutes, so we have a very strong foundation to build upon.

Please contact Doug or I below - we'd love to answer your questions and help bring some soul to your workplace!

For more information, click here:
[Leadership Trainings for Workplace Well-Being.](#)



Contact David

did you hear about the mining company in South Dakota that is helping their employees understand what their 'language of appreciation' is? Workplaces are hungry for the kind of relational skills we have been honing at Lumunos for years, and now we have the resources to offer our unique wisdom and approach to the mix.

I remember my first conversations with Dianne McCallister about Lumunos' emphasis on calling, relationships, self awareness and connecting 'role and soul.' In her role as a Chief Medical Officer, she became energized by what that might mean for the physicians entrusted to her care. I think she would be excited about this latest evolution in Lumunos' workplace offerings.

Please email me if you are interested in learning more about these new leadership trainings. I would be happy to talk with you further about how this exciting new work could benefit your workplace! You can reach me at Doug@Lumunos.org.

-Doug Wysockey-Johnson, Program Director

Reflection Question

What areas of your mind, body, and soul do you need to give more attention to within and outside of work?

Upcoming Program Opportunities



Thomas Berry's "The New Story": A Two-Part Series Facilitated by Dan Quinlan and Sr. Gail Worcelo

**Session 1: An Introduction to Thomas Berry
Thursday, June 13th, 7:30-8:30 pm ET**

**Session 2: In Conversation with Sr. Gail Worcelo
Wednesday, June 26th, 7-8:30 pm ET**

Within many secular and religious communities comprising the environmental movement, Catholic priest Thomas Berry (1914-2009) is regarded as a visionary whose teachings beautifully argue why humanity is called to care for the earth.

Berry summed up his perspective about the linkage between human experience and nature as: "The universe, the solar system, and planet Earth in themselves and in their evolutionary emergence constitute for the human community the primary revelation of that ultimate mystery whence all things emerge into being."

In the first session (60 min) of this two part series, you'll get an introduction to the man and his theology. In the 2nd session (90 min) you'll get to meet Sr. Gail Worcelo who co-founded the Green Mountain Monastery (GMM) with Berry and others in 1999.

GMM is a community of Catholic sisters who are committed to "Earth healing and protection within the Eco-Zoic era." The phrase refers to an emerging era where we learn to live as mutually enhancing members of a "Single Sacred Community."

Dan Quinlan is recently retired, but worked for Lumunos as the Business and Operations Director for many years. He continues to lead the small environmental non-profit SolaVida.org, and remains an avid believer in the power of communities like Lumunos to foster a just, compassionate, and fact-driven world.

Sr. Gail Worcelo splits her time between life at the GMM and teaching and leading retreats and programs around the world on themes related to deepening our relationship with the entire sacred community of life and understanding our role in the universe story.

Register Now!



Loaves & Fishes

Remember or honor those you love with a special gift to Lumunos in their name. The following gifts were made in tribute between April 1st and April 30th.

In Memory of Richard Broholm - Ann Finnie

In Memory of Dianne McCallister - David Thorpe

Loaves and Fishes

Have you considered a donation to Lumunos?

It's rare that we have the opportunity to reflect on our lives with honest vulnerability. This is what's unique about Lumunos. Your generosity allows Lumunos to provide more people with this kind of opportunity.

Click below to make a difference through us in our service to you and others. On our website, you may make a single donation or set-up monthly giving.

We are a 501(c)3 non-profit organization and your donation is tax-deductible to the extent allowed by law.

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