

The body is the first instrument we read.

One to three days in residence. Leaders practice regulation under pressure in their bodies, then bring a real decision to the table.



WHO IT IS FOR

Senior leadership teams, cabinets, boards, and cohorts of emerging leaders who need more than a workshop: a reset in how they work together, held somewhere the phones do not win. Up to twenty-five participants, working in pods of five, with private one-on-ones for the most senior leaders.

WHY A RETREAT

In a conference room, leaders talk about pressure. In residence, they practice meeting it, and the difference shows up in the decision they make on the last afternoon. The cognitive track uses the R.E.A.D. Method and the capacity assessment suite. The somatic track draws on practices grounded in interoception, nervous system regulation, attention restoration, and the neuroscience of play.

PRACTICES IN THE ROOM

Breath work and body scanning

The baseline reading, before words

Tai chi, yoga, and movement

Low-intensity, every body welcome

Dance and play

The fastest way out of a defended posture

Poetry and visual art

A problem through a different door

Cooking and shared meals

Attention, sequence, and the table

Writing and witnessed dialogue

Where commitments get made

A SAMPLE AFTERNOON, LEVEL 3

- 1:00** Arrive and Recognize. A fifteen-minute body scan before a word is spoken.
- 1:30** Examine. The case on the table: a real decision the team is facing now.
- 2:45** Movement block. The room stands up.
- 3:15** Light bites, together.
- 3:30** Align. Values mapping in pods of five.
- 4:30** Decide. Commitments written, spoken, and witnessed.
- 5:00** Private one-on-ones with senior leaders.

Formats and what is included.

On-site, in residence, or at a destination of your choosing. We travel to wherever your team can be fully present.

One day

The summit

A full day in residence for a larger group, up to forty. Keynote framing, the method applied in pods, movement and creative blocks, a shared meal, and commitments by close of day. The right format for a division, a college, or an annual leadership convening.

Two days

The intensive

For a cabinet or senior team of up to twenty-five. Day one installs the method and reads the team's capacity profile. Day two takes on the decision. Evening one is designed, not left to chance.

Three days

The residency

The deepest form of the work. Adds a full somatic day, extended one-on-ones with every senior leader, and a closing session that produces a written charter the team carries home.

INCLUDED IN EVERY RETREAT

- Facilitation by Dr. Moore throughout
- Capacity assessment suite and individual feedback reports
- Anonymized team profile and facilitated debrief
- All meals designed as part of the experience
- Workbook, certificate of completion, and digital badge
- Private one-on-ones with the most senior leaders
- Ninety-day follow-up call and an optional second cohort

WHAT THE INSTITUTION PROVIDES

- The venue, or a shortlist we help you choose from
- Participant list and sponsor contact eight weeks out
- Three weeks for participants to complete assessments
- A room that can hold movement, with chairs that move
- Travel and lodging for the facilitation team, when in residence

HOW TO BEGIN

A thirty-minute scoping call, then a proposal with an investment schedule within a week. Retreats book eight to twelve weeks out. Dates are limited each season; we hold a small number for institutions that reach out early.



SCAN

Book a scoping call for a retreat.

humanliteracyinstitute.com/retreats

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