



OWA Retreat 2010

37th Anniversary

Organization of Women Architects and Design Professionals

24 - 26 September 2010, Westerbeke Ranch, Sonoma, California,
<http://www.westranch.com/>

Doing our Best

Do you pursue the opportunity to do what you do best every day? Chances are you don't. All too often, our natural talents go untapped. Both at home and work we devote more time to fixing our shortcomings than developing our strengths. At the retreat, we will explore strategies through which you can articulate your strengths and it may just change the way you look at yourself -- and the world around you - both personally and professionally.

To help us uncover and develop our talents, Judy Rowe and a guest speaker will be working with the book **StrengthsFinder 2.0 by Tom Rath** which will help each of us to discover and define our top five talents.

Prior to the retreat, please complete the on-line assessment from this book, using each book's unique code. Once you complete the assessment, you will be sent an e-mail with a list of your five greatest strengths. At the retreat we will have a short presentation about StrengthsFinder and then do activities showing us how to better utilize our own individual strengths in our daily activities, wherever we are in life.

To obtain the pre-retreat assessment, it will be necessary to purchase the book which is available from Amazon.com and other booksellers for about \$16 with shipping. It covers hundreds of strategies for applying your strengths.

Art project: OWA members/artists Leslie Allen and Linda Corbett will lead a workshop on simple print making, or collography, throughout the weekend. The theme, self portraits, literal or metaphorical, could be a visual affirmation of your strengths or could let your alter ego out into the light.

Fun with Music & Movement: This year we will experiment with one session on the Feldenkrais Method and one session of Zumba: a form of dance exercise. There will be live music and dancing on Saturday night.

Sign up now. We only have room for 50. Accommodations include gardens, swimming pool, adobe dining hall, with shared bedrooms in rustic cabins and a setting in beautiful Sonoma wine country.

The weekend retreat (Friday 4pm through Sunday afternoon) costs \$325, including accommodation, all meals, and the program. For Saturday only, the cost including 3 meals is \$225. Indoor camping is available at a reduced rate of \$250. Extra day option: arrangements may be made directly with Westerbeke Ranch for extra night(s). OWA membership is not required to sign up, but we encourage participants to become members.

Janet Crane at Freebairn-Smith & Crane Architects may be contacted with questions at jcrane@f-sc.com or 415 398.4094. Call or e-mail Janet to make a reservation, and send registration forms and checks to Heather Sprague (address below). Financial assistance for scholarships is available.

Join us for a weekend of conversation, fun exercise, hiking, swimming, hot tub, massage, music, art, and good food. Give everybody a chance to know you better, develop closer ties with friends and colleagues, and go home inspired by new ideas from our group.

_____ Basic Sept 24-26 OWA Retreat payment: Full \$325, Indoor camping \$250, Saturday only \$225

_____ I am not a member and am enclosing a **separate check for membership** \$25

_____ Scholarships: here is my contribution or I would like to apply for a scholarship.

_____ **Total payment included. Make checks out to OWA & mail to Heather Sprague, 154 Portola Drive Apt 3, San Francisco CA 94131**

Name _____ e-mail _____

Address _____

City/ZIP/State _____ Phone _____

PREFERENCES: car pooling ____, vegetarian food ____, other _____

Please note names, email, and phone #'s of friends and colleagues who might like to join us--we will contact them w/ info: