

# LEADING WELL in CA and Beyond

## Project Overview

### Mission

By developing Wellness Leaders and delivering Wellness Summits, **Leading Well** draws upon the power of story to inspire health care systems transformation in California and beyond

### Sponsorship & Focus

Under the fiscal sponsorship of the California Institute for Mental Health (CiMH) and the organizational sponsorship of Listening Well, LLC, **Leading Well** is a statewide CA pilot project focusing initially on the Greater San Francisco Bay Area Region.

### Key Outcomes

1. Develop leadership skills with those who stand for wellness and recovery
  - a. *Listening Well Experience (LWE)*
  - b. *LWE Group Facilitator Certification*
  - c. *Appreciative Inquiry Summit Training*
2. Deploy newly developed leaders as Wellness Story gatherers and Wellness Summit facilitators
3. Deliver Wellness Summits with integration, implementation, and e-Valuation plans
4. Strengthen and celebrate community wellness in CA in beyond

### Wellness Summit Process

1. **Discover:** Reflecting upon our wellness stories, we uncover what's working in CA
2. **Dream:** Exploring possibilities, we create a collective wellness vision
3. **Design:** With an awareness of our collective intention, we develop an integrated action plan
4. **Deliver:** Learning from our lived experiences, we commit to action, implement, and track results
5. **Showcase:** Celebrate CA projects, programs, and people that are **Leading Well**

## Project Dates/Timeline

Winter '07	<b>Leading Well Project Development/Launch</b>	December 2008
Summer	<b>Appreciative Inquiry (AI) Training Intro</b> Asilomar, CA	June 22-27, 2008
Fall '08	<b>Leading Well Circle I</b> Quaker Center, Ben Lomond, CA	September 26-28, 2008
Winter '08	<b>Listening Well Experience (LWE)</b> Villa Maria del Mar, Santa Cruz, CA <i>Cost: \$595 + \$200 room &amp; board (2 nights)</i>	November 24-26, 2008
	<b>Leading Well Circle II</b> Quaker Center, Ben Lomond, CA <i>Cost: \$495 + \$200 room &amp; board (2 nights) by 11/1/08</i> <i>\$595 + \$200 room &amp; board (2 nights) by 12/1/08</i>	December 12-14, 2008
	<b>LW Experiences for Summit Facilitators</b> Villa Maria del Mar, Santa Cruz, CA <i>Cost: \$595 + \$200 room &amp; board (2 nights)</i>	January 21-23, 2009 February 4-6, 2009

<b>Spring '09</b>	<b>Leading Well Circle III</b> Ben Lomond, CA	TBD: Feb/Mar 2009
	<b>LW Experience Group Facilitator Certifications</b> Villa Maria del Mar, Santa Cruz, CA <i>Cost: \$1295 + \$400 room &amp; board (4 nights)</i>	March 30-April 3, 2009 April 20-24, 2009
	<b>Appreciative Inquiry Summit Training &amp; Leading Well Circle IV</b> Location TBD <i>Cost: \$1295 + room &amp; board (4 nights)</i>	May 25-29, 2009
<b>Summer '09</b>	<b>Wellness Story Collection</b>	June – September 2009
	<b>Leading Well Circle V</b>	TBD: August 2008
<b>Fall '09</b>	<b>Wellness Summit (pilot)</b> Location TBD <i>Cost: \$20,000 Large County—10 participants + 2 facilitators (min)</i> <i>\$15,000 Medium County—10 participants + 2 facilitators (min)</i> <i>\$10,000 Small County—10 participants + 2 facilitators (min)</i> <i>\$5,000 Sponsoring County—2 participants &amp; proceedings (print &amp; dvd)</i>	TBD: October 2009
<b>Thru Fall '10</b>	<b>Wellness Summit Pilot—Implementation</b>	
<b>Fall '10</b>	<b>Statewide Wellness Summit</b> Sacramento, CA	TBD: October 2010
<b>Thru 2011 &amp; Beyond</b>	<b>Statewide Wellness Summit—Implementation</b>	

## Invite Tax Deductible Donations to **LEADING WELL...**

**Payable to:** California Institute for Mental Health or CiMH

**Mail to:** Listening Well, LLC  
PO Box 1169  
Felton, CA 95018

**Special Note:** Write "**Leading Well**" in the check MEMO

*Thank you for your support in forwarding the dream of wellness in California and beyond...*