



Trauma-Informed Leadership Coaching (TLC) Retreat

An intensive, deeply interactive and deliberately reflective retreat focused on trauma-informed, responsive leadership and coaching.

Friday 10/25
3:30 pm - 8:30 pm

Saturday 10/26
7:00 am optional activity
8:00am -8:00pm

Sunday 10/27
7:00 am optional activity
8:00am -4:00pm

All meals, snacks and beverages will be prepared daily by award-winning Chef Jordan Coffey, utilizing Base Camp Farms produce and proteins.

Testimonials

This retreat was an innovative, transformative experience and curriculum. The entire weekend was a life-affirming sustainability tool for physicians who are in the trenches and are choosing to practice with their souls intact.

~Wendi Wills El-Amin, M.D.

TLC transformed my leadership style, helping me harness my history of secondary trauma to create an environment where my team's personal stories and strengths are fully engaged.

~ Mary Hartman, M.D.

Where:

Base Camp Farm, Springfield, Illinois

When:

Friday, October 25th at 3:30 p.m. through
Sunday, October 27th at 4:00 p.m.

Presented by:

Kemia Sarraf, M.D., M.P.H., CCC, TIPC
Antoinette DuBois-Ayers, CPCC, RCC
Ann V. Deaton, Ph.D, PCC

[Click Here
to Register!](#)

TLC retreats are designed for senior healthcare professionals who are transitioning into leadership positions and wish to develop compassionate leadership skills and a trauma-informed approach to colleagues and subordinates.

This 3 day retreat will include deep exploration of the Trauma-Informed Principle: Listen-Protect-Connect. Participants will gain critical leadership coaching skills with an emphasis on:

- Trauma and Trauma-Informed Responses
- The impact of trauma on individuals and organizations
- Burnout, toxic stress, secondary trauma, moral injury
- Risk factors, resiliency and mitigation strategies
- Self-awareness and core strengths
- Trauma-Informed coaching strategies and practice
- Cultivating Compassionate Leadership

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Prairie/HSHS, Prairie Education and Research Cooperative and Lodestar. Prairie/HSHS is accredited by the ACCME to provide continuing medical education for physicians.

Prairie/HSHS designates this educational activity for a maximum of 24 *AMA PRA Category I Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PERC is pre-approved as a continuing nursing education provider.

Course Director



Kemia Sarraf
M.D., MPH, CCC, TIPC

Dr. Sarraf completed her Medical Degree and Master of Public Health at the University of Utah School of Medicine, and her residency in Internal Medicine at Barnes-Jewish Hospital, Washington University School of Medicine. In 2008, she launched genHkids, a thriving non-profit public health initiative in Central Illinois.

After observing disturbing trends in physician wellness, she formally launched Lodestar (lodestarc.com) in 2018. As a Certified Corporate Coach and SAMHSA Certified Trauma Informed Trainer, Dr. Sarraf's Trauma-Informed coaching strategies help physicians move confidently through important transitions, or to find solid ground in times of professional crisis.

Co-Director



Antoinette DuBois-Ayers
CPCC, RCC

Ms. DuBois-Ayers is the President of DuBois Ayers Consulting, and a veteran executive coach specializing in Leadership Development, Innovation, Team Productivity and Diversity (strategiccorporatesolutions.com). She earned a B.S. in Business Marketing from Northern Illinois University.

She was co-developer of the Registered Corporate Coach (RCC), the training program of the Worldwide Association of Business Coaches. She led the formation of Community Healthcare IT, a healthcare consortium and founded HLLC, a leading innovative healthcare model endorsed by the National Library of Medicine.

Co-Director



Ann V. Deaton
Ph.D, PCC

Dr. Deaton earned her doctorate in Clinical Psychology, with specializations in health psychology and neuropsychology, from the University of Texas. After a two-decade career in health care, she completed her Leadership Coaching Certification with the Newfield Network, and earned her Professional Certified Coach (PCC) designation from the International Coach Federation.

Dr. Deaton founded DaVinci Resources in 2003, and co-founded The Bounce Collective in 2009 (wecanbounce.com) Dr Deaton is a Certified Team Coaching Practitioner (CTCP) and has authored two books on coaching and leadership development.

General Information:

This retreat will be hosted at Base Camp Farms, 4750 Cockrell Lane in Springfield, Illinois. Base Camp is a working, 30 acre family farm owned by Dr. Sarraf and her husband where they grow produce and raise free-range chickens, turkey, lamb, cats, dogs and children. There are several acres of woods for exploring, a two-acre pond for swimming or paddling, and many acres of wander-worthy space.

Registration:

Registration fee is \$2,795 per participant, and includes all course materials, gourmet meals, snacks, drinks, and optional activity.

Please complete the registration form and submit non-refundable \$250 deposit no later than October 11th. Balance is due no later than October 18, 2019.

Lodging: There are several reasonably priced hotels within a five-minute drive of Base Camp:

Hampton Inn & Suites
2300 Chuckwagon Dr

Staybridge Suites
4231 Schooner Dr

Courtyard by Marriott
3462 Freedom Dr

Fairfield Inn by Marriott
3446 Freedom Dr

For more information about the course, please call (217)691-4441