

ABOUT OMEGA INSTITUTE (HOME OF THE OWLC)

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on more than 250 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world, and reaches approximately 2 million people online at eOmega.org.

WHAT IS THE OWLC?

Founded in 2012, the OWLC offers an interdisciplinary leadership curriculum to support women's personal and professional development throughout the lifespan. Educational opportunities serve aspiring leaders who want to hone skills and deepen self-understanding, as well as established leaders who are looking to make a change, give back, and further impact the world.

WHY A WOMEN'S LEADERSHIP CENTER AT OMEGA?

Omega was founded on the holistic worldview that the well-being of each individual is deeply connected to the well-being of all living things. To date more than 600,000

women have participated in Omega's holistic offerings and innovative opportunities for women's development. Today, the need for women to lead from their authentic voice, values, and vision has never been greater. Omega recognizes the critical role women can play world-wide in transforming what it means to lead, and shifting the leadership paradigm from "power over" to "power with" others.

HOW DID THE OWLC BEGIN?

In 2002, Omega created its acclaimed Women & Power series, where visionary speakers and change-agents from around the world explore how women can use their unique experiences and voices to redefine power. Women & Power has featured notable speakers such as Maya Angelou, Alice Walker, Natalie Merchant, Wangari Maathai, Anna Deavere-Smith, Diana Nyad, Mae Jamison, Anita Hill, Christiane Northrup, Dolores Huerta, Kimberlé Crenshaw, Brené Brown, Ai-jen Poo, Carol Gilligan, and Kerry Washington.

Building on the energy and enthusiasm of Women & Power, Omega saw a growing demand for an ongoing women's leadership curriculum and community. Omega began a research and development effort in 2005, to learn from women about their leadership needs and interests, which culminated in the launch of the Omega Women's Leadership Center (OWLC) in 2012. Cofounded by Elizabeth Lesser, Carla Goldstein, and Sarah Peter, the OWLC convenes, trains, and inspires women to Do Power Differently®.

OWLC CORE PROGRAMS

- **Women's Leadership Intensive:** An immersive, week-long interdisciplinary leadership development experience guided by expert teachers, to examine four women's leadership essentials—values, voice, vision, and voyage. In an intimate setting, participants take what they've learned and chart a course for the year ahead.
- **Juno Leadership Collective:** A year-long training program designed for women leaders in nonprofit organizations working on issues including equality, justice, sustainability, violence, and economic empowerment. The collective combines campus-based and distance learning that offers an integrated approach to leadership development, personal growth, and social change.
- **Women Serving Women Summit:** Part of the **Nonprofit Retreats at Omega** grant program, the summit supports organizations working to positively impact the lives of women and girls, including the nonprofits represented by Juno Leadership Collective members. The grant includes simple accommodations, meals, and a private meeting space for a three-day, two night self-led working retreat. In addition to doing their own planning work, organizations also gain opportunities to network with other nonprofits serving women and girls, develop paths for future collaboration, and become part of the community of OWLC change leaders.
- **Juno Leadership Residency:** 2- and 5-day self-guided residencies are provided to women making a difference in the lives of women and girls. Residents stay in Juno Cottage at Omega and enjoy the use of all campus amenities, and daily open classes. Residents also contribute to our Leadership Questions Project to promote dialogue and share ideas, resources, and inspiration with each other.

WHAT DOES THE OWLC OFFER?

As a women's leadership hub, the OWLC offers a variety of workshops, retreats, residencies, scholarship opportunities, and multi-media resources online.

Recent faculty have included: Aja Monet, Rev. angel Kyodo williams, Jamia Wilson, Latham Thomas, Mallika Dutt, Manisha Thakor, Sally Helgesen, and Sharon Salzberg.

WHO IS WELCOME TO ATTEND OWLC PROGRAMS?

Our Women's Leadership Intensive and skill-building workshops are open to all who identify as women, while our larger events—Women & Power and the Women Serving Women Summit—are open to people of all gender identities.

WHO IS ON THE OWLC ADVISORY COUNCIL?

The OWLC's esteemed Advisory Council includes: Isabel Allende, Jennifer Buffett, Majora Carter, Joan Chittister, Eve Ensler, Sally Field, Eileen Fisher, Jane Fonda, Pumla Gobodo-Madikizela, Ubaka Hill, Pat Mitchell, Hibaaq Osman, Edit Schlaffer, Gloria Steinem, Loung Ung, and Ann M. Veneman.