



FIELDSTONE NETWORK

Renew: A REtreat Series for Nonprofit Leaders

Recenter. Reconnect. Reimagine. Refill.

Series Overview

Nonprofit leaders carry extraordinary responsibilities, holding vision, navigating challenges, and supporting others while often setting aside their own well-being. **Renew: A REtreat Series for Nonprofit Leaders** offers four daylong experiences designed to nurture resilience and renewal.

These unique gatherings offer time to reflect, gain perspective, and make connections. Art, nature, movement, and other activities are held in creative settings to give leaders a respite from the demands of the workplace and return with a sense of renewal.

The series kicks off in May 2026 with sessions a Friday of the each month, May through August. The gatherings will take place 9:30 am - 3:30 pm. Each gathering will be hosted at an inspirational nonprofit location and include up to 24 leaders to help cultivate connections between participants.

Each retreat focuses on a distinct dimension of renewal, while the series as a whole offers a developmental arc: from **grounding**, to **connection**, to **possibility**, to **sustainability**. Leaders may attend individual retreats or participate in the full series.

Format

- **Time:** 9:30 AM – 3:30 PM
- **Location:** Varies; creative and restorative spaces in nature and the arts
- **Who:** Nonprofit professionals and retirees working in San Diego County, no previous Fieldstone experience necessary.
- **Group Size:** Up to 24 nonprofit leaders per retreat
- **Lunch Included**, as well as coffee, tea and cold drinks throughout the day
- **Cost:** Individual retreats are \$225

REconnect

May 15, 2026

Location: Coastal Roots Farm, Encinitas

Theme: Returning to balance and grounding

- **Focus:** Leaders pause, breathe, and reconnect with their inner compass and vocation.
- **Practices:** Mindfulness, journaling, embodied movement, time in nature.
- **Outcome:** Participants leave with clarity and renewed alignment with their values.

REcenter

Date: June 12, 2026

Location: Olivewood Gardens and Learning Center, National City

Theme: Deepening relationships and community

- **Focus:** Leaders strengthen ties with peers, collaborators, and their sense of belonging.
- **Practices:** Story circles, dialogue, collaborative art, shared meals.
- **Outcome:** Participants gain perspective, feel less isolated, and build authentic connections.

REimagine

Date: July 10, 2026

Location: Liberty Station, Point Loma

Theme: Opening to creativity and new possibilities

- **Focus:** Leaders explore fresh perspectives for themselves and their organizations.
- **Practices:** Visioning exercises, creativity labs (art, design thinking), playful exploration.
- **Outcome:** Participants feel inspired and see new opportunities for impact and joy in their work.

REfill

Date: August 14, 2026

Location: Camp Stevens, Julian

Theme: Integrating wisdom and sustaining the journey

- **Focus:** Leaders weave together insights from the series and replenish their energy for the work.
- **Practices:** Reflection rituals, gratitude practices, symbolic closing ceremony.
- **Outcome:** Participants leave feeling restored, sustained, and supported for the long term.

Recenter → Ground yourself. **Reconnect** → Strengthen relationships.

Reimagine → Open to possibility. **Refill** → Return balanced and renewed.



FIELDSTONE NETWORK

REnew: A Retreat Series for Nonprofit Leaders

Registration Form

These daylong retreats are designed to offer space for rest, reflection, and renewal through intentional practices held in creative and restorative settings.

Please return your completed registration form to us at info@fieldstoneleadershipsd.org

Name:

Title/Role:

Organization:

Email:

Phone:

Address:

City/County:

Retreat Registration

Please indicate which retreat(s) you plan to attend. You may register for individual retreats or the full four-retreat series. Each retreat is \$225.

REconnect – May 15, 2026
Coastal Roots Farm, Encinitas
Returning to Balance and Grounding

REimagine – July 10, 2026
Liberty Station, Point Loma
Opening to Creativity and New Possibilities

REcenter – June 12, 2026
Olivewood Gardens & Learning Center,
National City
Deepening Relationships and Community

REfill – August 14, 2026
Camp Stevens, Julian
Integrating Wisdom and Sustaining the
Journey

Full REnew Retreat Series (all four retreats)

Your tuition includes program facilitation, materials, lunch and refreshments

Your answers will help us to hold space and create a meaningful retreat experience for you.

1. **What drew you to the RENew Retreat(s) you selected?**

2. **What are you hoping to tend to or receive during this retreat or series?**

3. **What feels most present for you in this season of leadership or life?**

4. **How do you hope this experience will support your well-being or sustainability as a leader?**

5. **Are you able to be fully present from 9:30 a.m. to 3:30 p.m. for the retreat(s) you selected?**
 Yes No
If no, please share additional details:

6. **Do you have any dietary needs or accessibility considerations we should be aware of?**

7. **Have you previously participated in a Fieldstone Network program or retreat?**
 Yes No (then, welcome!)
If yes, please share briefly:

8. **Is there anything else you would like us to know as we prepare for your participation?**

Please sign and return this application to Becky Sutter at BeckyS@fieldstonenetwork.org. Applications will be accepted until the retreat is full. Priority may be given to those who register for the entire series. Payment instructions will be sent upon confirmation of your registration in the program.

The work of the Fieldstone Network includes the taking of pictures of our leadership programs and participants and their involvement with the community. As a partner with us and a participant in our various programs, you acknowledge that your image may appear in our photographs and videos. You agree to give permission to Fieldstone Network to use these images in our publications and communication vehicles, including our website and social media platforms.

Payment in full is due upon confirmation of registration in the program. In alignment with our value of reciprocity, we ask our participants to commit fully to our programs by paying a fee that is set to be as affordable as possible while still covering a portion of our costs. This fee schedule is made possible by our generous donors and partners who underwrite the great majority of our costs. Because the fees are already significantly discounted, we do not offer additional discounts or scholarships. Individual payment plans are available to support participation. Please contact us directly to discuss options.

By registering for and participating in this retreat series, participants acknowledge that activities may include light physical movement, time outdoors, and other experiential components. Participants voluntarily assume all risks associated with their participation and agree to release and hold harmless Fieldstone Network, its staff, facilitators, and partners from any liability for injury, loss, or damages arising from participation, except as prohibited by law. Participants are encouraged to engage at a level that feels appropriate to them, and reasonable accommodations will be made upon request.

Signature

Date