



# Mindfulness-Based Emotional Intelligence Training Weekend: Radical Responsibility

A UW Health Mindfulness Program with Visiting Teacher Fleet Maull

**Dates:**

**Saturday, October 22 – Sunday, October 23, 2016**

**Daily Schedule:** 9 am - 5 pm. Lunch will be provided during a break from noon – 1:30pm.

**Location:**

Garden Room, Holy Wisdom Monastery,  
4200 County Highway M, Middleton, WI 53562

**Target Audience**

This weekend training is an in-depth, meditation and experiential workshop open to all. No prior meditation experience is required. This training is ideally suited for community leaders and activists, teachers, health care professionals, business and nonprofit leaders, and anyone who aspires to personal development and authentic relationships.

**About the Visiting Teacher**

**Fleet Maull** is an author, meditation teacher, management consultant, end of life care educator and social activist. While serving a 14-year mandatory-minimum sentence on drug charges in federal prison from 1985 to 1999, he founded both the Prison Mindfulness Institute and the first hospice program inside an American prison. He is a senior teacher (acharya) in the international Shambhala Meditation community and senior priest (sensei) in the Zen Peacemaker movement. He leads meditation retreats, leadership and activist trainings, corrections and law enforcement trainings, bearing witness retreats and street retreats throughout North America, Europe, Africa and Latin America. His peacemaking activities range from the streets of U.S. cities, the Auschwitz-Birkenau concentration camp in



Poland, Rwanda, Israel-Palestine, and the forgotten world inside our jails and prisons. He is the author of *Dharma in Hell: The Prison Writings of Fleet Maull* and the forthcoming *Radical Responsibility*.

### Weekend Training Description

*“Radical responsibility is not about blame; it’s about ownership and self-empowerment, owning our circumstances and our choices. Anytime you attribute the cause of your happiness or unhappiness, satisfaction or dissatisfaction to something outside yourself, you give away your power.” – Fleet Maull*

Radical Responsibility is the renowned contemplative training that has created profound change for thousands of participants in the United States and Europe over the past 15 years. The core of the Radical Responsibility training is the recognition of our own innate, basic worthiness and Mindfulness-Based Emotional Intelligence (MBEI), an integration of deep mindfulness and emotional intelligence training. Throughout the weekend training, we will engage in meditation practices and experiential exercises designed to help us cultivate greater personal resilience, authenticity, and emotional intelligence. Participants will train in a variety of mindfulness-based communication skills including: focusing, presencing, emotional regulation, state shifting, empathic listening, reflective listening, giving and receiving feedback, and engaging in difficult conversations.

### Retreat Fee: \$195

Includes two lunches—Saturday and Sunday. Lunches will offer vegetarian, gluten-free and dairy-free options.

Registered participants of the weekend training also receive a complimentary ticket to an evening dialogue between Fleet Maull and Richard Davidson on Friday October 21st at Holy Wisdom. Please visit [uwhealth.org/mindfulnessandsociety](http://uwhealth.org/mindfulnessandsociety) for more information.

Non-refundable processing fee of \$50. Cancellations on or before Wednesday, October 5, 2016 will be refunded the entire retreat less \$50. No refunds will be made after Wednesday, October 5, 2016.

### Continuing Education Units:

This training is approved for 1.3 CEUs (13 hours) by UW Extension, an accredited university.

### Miscellaneous

Please dress in comfortable clothing and bring a water bottle. We will be sitting in chairs, and so bring any supports or pillows that help you be comfortable.

### Lodging

Please make your own reservations.

Arrangements have been made with the following hotel to offer a limited number of guest rooms.

- **Baymont Inn & Suites**

8102 Excelsior Dr, Madison, WI 53717  
(608) 831-7711

**wiscohoteles.com**

Mention UW Health Mindfulness for reduced rate. Reservations need to be made by Wednesday, September 21, 2016.

### Registration

Online at: [uwhealth.org/radicalresponsibility](http://uwhealth.org/radicalresponsibility)

UW Extension will coordinate all registrations.

For registration information, please contact Angela Chopp: [angela.chopp@ecc.uwex.edu](mailto:angela.chopp@ecc.uwex.edu) or (608) 265-9585.

### Confirmations

All registrations are confirmed via email once registration and fee are received.

### Additional Information

- Retreat information, UW Health Mindfulness Program: [uwhealth.org/integrativemed](http://uwhealth.org/integrativemed)
- Holy Wisdom Monastery: [benedictinewomen.org](http://benedictinewomen.org)
- Fleet Maull: [fleetmaull.com](http://fleetmaull.com)  
[engagedmindfulness.org](http://engagedmindfulness.org)  
[prisonmindfulness.org](http://prisonmindfulness.org)