

# Transform Your Path

Engage in activities that spark creativity, foster wellness, and clear the mind for deeper collaboration. Choose from enriching breakout options:

- **Arts:** Explore creative intelligence through journaling, poetry, and improvisation.
- **Nature:** Participate in guided forest therapy, or contribute to outdoor service projects to refresh your mind and spirit.
- **Wellness:** Enjoy yoga, meditation, or a Healthy Habits workshop with our wellness resident.

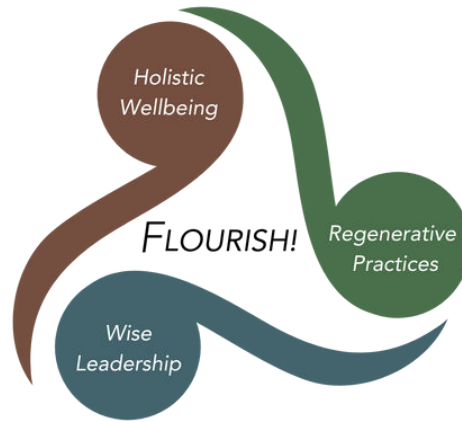
During breaks, stroll our wetlands paths, walk the labyrinth, or visit the Wind Phone for quiet reflection.

*Join us to awaken your collective potential, strengthen your leadership as a team, and cultivate lasting transformation—within your group and the world around you.*

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“Deborah Rundlett is a wise, inspiring and joyful leader who masters the art and science of group facilitation. Having had the pleasure of working regularly with her over many months, I have watched her build momentum in an awareness-based leadership project, inspiring us with confidence while maintaining a spirit of playfulness. She brings a precious combination of experience, skills and personality that are of enormous benefit to clients and partners.”

— Paul MacLean, Pivot Projects



## CONTACT INFORMATION

203.246.1024

DEBORAH@MEETINGHOUSE.LIFE

602 RIDGEBURY RD.  
RIDGEFIELD, CT 06877

# Offsites & Retreats



The Meetinghouse

Gather | Grow | Flourish

MEETINGHOUSE.LIFE

HOLISTIC WELLBEING | WISE LEADERSHIP | REGENERATIVE PRACTICES

**At The Meetinghouse, we believe in the power of connection—both with each other and with nature.** Nestled on 5.65 acres in Western Connecticut, we provide a serene, inspiring setting designed to promote focus, rejuvenation, and meaningful collaboration.

Whether you're planning an offsite or a day retreat, we'll help you create an experience tailored to your group's unique needs.

## Ignite Your Leadership

Discover how transformative leadership can empower your group to work together effectively and creatively.

Led by Dr. Deborah Rundlett, an expert in Organizational Development and Leader Formation, our programs are designed to inspire teams to reach their full potential.

### Featured Activities:

- **Team Portraits of Leadership:** Build team cohesion with tools like MBTI, Change Style Indicator, and Core Values Index, and equip team members to lead from their unique places of strength.
- **Wisdom Formation & Change Leadership:** Navigate complex times with the research and practice of our director, Dr. Deborah Rundlett.

## Co-Create a Flourishing World

**Our retreats focus on building resilience and fostering meaningful change, equipping your group to make a lasting impact.**

Choose from versatile meeting spaces for groups of all sizes:

- **Shields Hall:** Seats 35-40 for meetings or 50-75 for receptions. Equipped with tech essentials like a 65" TV, whiteboards, & projector.
- **Second Floor\* Shields Hall:** Perfect for smaller groups of 15-25.
- **Meetinghouse:** A historic setting accommodating up to 75.
- **Side Lawn:** Ideal for brainstorming or team-building in warmer months.

\*Note: Only accessible by stairs.

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"Deborah builds community, helping groups pivot toward systems that lead to resilience in the face of challenges."

—Judi Neal,  
Edgewalkers International

"Deborah is a master facilitator—asking evocative and poignant questions that have both stirred and ignited me as a leader to explore call and the transformational journey to co-create a flourishing world."

—Michele King,  
Shelle Designs, Inc.

## Catering

**Our Market offers a range of catering options,** with everything from beverage service and snacks to full meals made with locally sourced, artisanal ingredients. We're happy to work with you to customize a menu based on your group's needs and preferences. Sample Menus available upon request.

- **All-day beverages** (coffee, tea, and water)
- **Morning & afternoon snacks** to keep your group energized throughout the day.
- **Full-day Catering** (includes breakfast, lunch, and snacks): \$20-\$40/per person\*

\*Please note that tax and an 18% gratuity will be added to the prices above. We're happy to customize any menu to suit your needs!

