

# Welcome



## Authentic Empowerment: A Woman's Path to Wilderness

**G25010303**

with Ellen Petry Leanse

January 19-25, 2025

Greetings,

I'm delighted that you've enrolled in "Authentic Empowerment: A Woman's Path to Wholeness" and very much look forward to meeting you at Ghost Ranch.

Please find below a short overview of our agenda, some details I wanted to share, and links to sites where you can learn more about my work.

We'll gather from Sunday through Friday for our sessions. After dinner on Sunday-night we'll spend a bit of evening time getting to know one another and introducing core concepts we'll explore during our time together. After that, our daily schedule will include learning and practice sessions each morning, open time in the afternoons, and interactive activities each evening.

Monday through Friday, you can expect to be immersed in learning and activities from 9am until noon. We'll spend about 90 minutes in discussion and interaction after dinner each night.

Our themes will include:

MONDAY: The REAL story of women: who we are in the long lens of human history

TUESDAY: Who we are today: our place in the world's structures and expectations – and the neuroscience behind why much of that doesn't make sense

WEDNESDAY: Remembering our power: how we leak it, and how to reclaim it

THURSDAY: What the world needs now (us) and how we can step into a fuller, more satisfying, future-shaping role

FRIDAY: Applying the changes: next steps and closing activities

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I will keep office hours each afternoon, and will also offer an optional art exercise focused on the themes we'll explore. If this interests you, plan on two afternoon sessions (each about 90 minutes long) during the course of the week – and expect to create a unique and memorable work of art you'll bring home. I'll supply all materials and request a \$15 fee from anyone who wishes to join.

If you'd like to warm up with an understanding of basic neuroscience, consider listening to my podcast, *The Brain and Beyond*; it's available on all major podcast players and on my website, [www.thebrainandbeyond.com](http://www.thebrainandbeyond.com). Episodes 1 and 2 would be a good place to start. You may also enjoy Episode 9, which explores the hemispheres of the brain and how their use may correlate to rising levels of stress and hardship in modern life.

I look forward to our time together in January! With best regards,

Ellen

[www.ellenleanse.com](http://www.ellenleanse.com)