

# being @ work

From Burnout Culture to Transformation & Innovation  
a retreat for changemakers & the orgs they lead

Changing how we work is the kind of next-level innovation the world awaits.



# 63%: This Number Calls for Swift Action

According to a Gallup poll conducted across 142 countries, 63% of people who work are not engaged on the job. Another 24% are actively disengaged in their work. Whoa.

These numbers can't be ignored. They tell us that most working people are unhappy because of work, even when they're working for the greater good. So, these numbers are a call-to-action.

To be the changes we're working for, we need to be at the forefront of changing how our human society defines, performs, and values work. As changemakers, we all possess the creativity and determination to lead humanity out of destructive cycles of burn and crash.

Being @ Work retreats grew from our own experiences with burnout and witnessing disconnects between changemaking missions and work cultures. We came to realize that burnout is not an individual challenge. It is a collective one.

**THE WAY WE'RE WORKING  
HARMS OURSELVES,  
OUR MISSIONS, AND THE  
WHOLE OF LIFE ON THIS  
PLANET. LET'S CHANGE THIS!**

## A Practical & Purposeful Retreat

Being @ Work retreats are for courageous, creative changemakers and the innovative organizations they lead. Every team has its unique set of dynamics, so we will curate a retreat that suits your particular needs and wishes.

### Our tools:

- Contemplative practices (dialogue, mindfulness, movement)
- Leadership practices (self-inquiry, innovation, bridge-building, presence)
- Possibility practices (imagination, knowledge, perspective)

### Retreat objectives:

- Envision being-centered work as a key component of delivering value, change and innovation changemaking
- Develop a whole-person, whole-society, whole-planet approach to purpose
- Discover a deeper why in work
- Gently address unsustainable patterns
- Initiate collaborative policies of care
- Practice being at ease



# Facilitators

## **Fabiola Benavente**

My professional background is in international marketing and communications.

I believe that to move forward sustainably, we need to go inwards and cultivate our capacities for authenticity, leadership and transformation, in order to craft lives that fit our true selves and serve the world.

Born in Chiapas, Mexico, I've studied and worked in the US, the UK and currently live in Belgium.



## **Kimberlyn David**

I'm passionate about encouraging changemakers to feel at home in their bodies, minds, and hearts—and in the truths that their voices stand for.

Like Fabiola, I have a professional background in communications. I'm also a certified yoga teacher and a meditation practitioner.

Born and raised in the US, I have lived elsewhere for nearly a decade, with the Netherlands being my current home base.





# Ready to book?

To propose your ideal retreat, we'll first need to speak with you so we can learn about your team and your desired retreat results.

Please send your conversation request to Fabiola Benavente:  
[fabiola@changemakersforward.com](mailto:fabiola@changemakersforward.com).

*IT'S TIME TO RE-  
THINK HOW WE  
WORK.*

