



## Salon Series for Nonprofit CEOs and Executive Directors

Through peer-to-peer learning, sharing of best practices, and facilitated discussions by Laura McAlpine/Principal, participants will explore:

- Coping with the stress and strain of leading a nonprofit
- Finding the “I” in the ten organizational capacities
- Cultivating leadership development—for yourself, and among your staff
- Determining when to lead, when to collaborate, when to delegate, when to let go
- Practicing work/life balance and creating a healthy work culture for you and your organization
- Navigating board/staff roles and responsibilities

This five-session Salon Series will take place at the McAlpine Consulting for Growth, LLC offices, and will include dinner and drinks at each 4:30pm-8:00pm session. We will provide an atmosphere conducive to innovative thought, a safe space for brave conversation, humor to keep things in perspective, and room to stretch—physically and mentally. To allow for individual attention, space is limited to eight participants. The group will be made up of people doing the same job, but in different organizations, who come together to learn and share on topics that affect us all.



### Series Curriculum

**Session 1:** We will discuss leadership development, personal mission, and wellness. Participants will bring a specific organizational problem that they would like to share and address throughout the five sessions.

**Session 2:** We will explore new techniques to address organizational problems, allowing you to get off the hamster wheel and find your sailboat. You strive to make life better for your key audiences—this is the time to make your life better/saner/more coherent while running an important organization.

**Session 3:** Each participant will be given the opportunity to choose an activity for personal rejuvenation, led by an external expert during the session—massage; yoga; painting; writing; cooking; meditation. In addition, consulting will be provided on the specific organizational problem introduced in the first session.

**Session 4:** We will take a deeper dive into leadership and building a healthy organizational culture, with a focus on the best approach to navigate board and staff roles and responsibilities. The demands on leadership, continuous fundraising, managing staff, juggling overwhelming job responsibilities, and time management obstacles require creative attention and a disciplined approach to self-care.

**Session 5:** We will explore strategic planning for yourself as the executive staff leader. Is this career mapping for you or how best to implement strategic thinking at your organization? The group will address the question—“Where do we go from here?” Opportunities for on-going sessions with the existing cohort will also be discussed.

Peer sharing, facilitated discussion, and intermission activities for health and wellness will be incorporated into every session. Participants will be given specific activities to continue learning between sessions.

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## Registration Information

**Early bird registration deadline:** Wednesday August 24, 2016

**Early-bird registration price:** \$825

**Series regular registration price:** \$950

**Series Dates/Times:** Wednesdays, 4:30pm-8:00pm — September 21; October 19; November 16; December 14; January 18, 2017

Please make checks out to McAlpine Consulting for Growth, LLC, and send the check with your name, organization's name, mailing address, email address and phone number to Hayley Carbonaro, Project Assistant, McAlpine Consulting for Growth, 4870 N. Francisco, 2nd Floor, Chicago, IL 60625. Further information can be provided by Hayley at hayley@lmc Alpine.com or Laura at laura@lmc Alpine.com. Please note: additional costs for the third session will be based on the rejuvenation method chosen, and will be paid for by participants once reserved at the first session.

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*Caring for myself is not about self-indulgence; it is self-preservation.*  
- Audre Lorde

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**2015 CEO Salon Series Participants:** Greg Sabetta, Edgebrook Community Church; Barb Kemmis, Cremation Association of North America; John Peller, AIDS Foundation of Chicago; Anthony Papini, Illinois Safe Schools Alliance; Jeannie Cella, Wellness House.

### Laura McAlpine, LCSW

Laura McAlpine is the Principal of McAlpine Consulting for Growth, LLC and has over 30 years of management and leadership expertise in non-profit health and social service organizations. Her skills, gained in positions as executive director, manager, and board member, include strategic planning, organizational development, leadership coaching, and financial management. Laura is also a skilled policy advocate with a special focus on health access, maternal and child health, adolescent health, reproductive rights and anti-gay violence. An experienced facilitator and presenter, she has led retreats, training sessions, and focus groups for a wide variety of organizations. Laura is a licensed clinical social worker and has a Master's degree in Social Service Administration from the University of Chicago.



Our mission is to support social change and healthy communities, and this Salon Series creates a venue to give attention to the staff leader. Laura designed the Salon Series for CEOs/Executive Directors because she believes this position is the toughest job in the nonprofit sector, and it is critical to support the person in this role, not just the organization.