

Sourcing Your **GLIMMERS**

Anchoring Yourself in Volatile Times

**Thursday, March 20
11:30 AM - 1:00 PM
ONLINE WEBINAR**

GLIMMERS are the small moments of joy that provide connection, comfort and resilience in everyday life. It is exactly these micro moments of peace that can sustain us during chaos and upheaval. The calm power of these simple moments cannot be dismissed; their compounded effect grounds us while we continue to build the kinder, gentler world we want to see.

This **Replenish experience*** is about personal sustainability while we continue to advocate and work towards a better world. Our personal resources are finite so we must find moments to rest and dream. Join Replenish trainers Tena Hahn-Rodriguez and Jo Bair as they guide you through an exploration of glimmers based on neuroscience and mindfulness research. Refine your ability to sustain joy during this time while also grounded in the reality of our chaotic present.

Sign up today: bit.ly/Sourcing-Your-Glimmers

***Replenish is a project of the Women's Fund of Omaha.** It is a growing community of facilitators and guardians dedicated to building a community where individuals are called into their purpose and can thrive as they lead in volatile, uncertain, complex and ambiguous times. The Replenish experience has an evolving, variable structure though it is often a four-hour workshop focused on leadership, personal sustainability and dialogue. To book a Replenish for your workplace or community group, contact Lisa Schulze, Training and Education Director at LSchulze@OmahaWomensFund.org.

Many of the concepts behind Replenish are shaped by the teachings of adrienne maree brown and the Emergent Strategy series available at AK Press.



36 The reality is bleak and chaotic right now but it's not permanent. We have to remember the future is unwritten. We are not in THEIR story even as we are impacted by it. We have to remember to keep writing and living into our stories...the ones where justice, love, equality and material well-being and care and connection and belonging and freedom and safety and dignity and earth are at the center. In our stories, this moment is either a failure because we don't learn anything from it...or it's a tragic setback that we turn into a multitude of opportunities of liberation and moving towards a living economy.

– adrienne maree brown, February 17, 2025 Instagram post

FACILITATORS



Jo Bair, MSW (she/her) is a fifth generation Nebraskan who is passionate about helping people and organizations thrive as they work for social change. Jo directs a non-profit providing prevention and intervention services related to domestic and sexual violence. She also offers coaching and facilitation services. Jo lives in Hastings with her husband and their children. In her free time, you can catch her facilitating parties, reading romance novels, taking horseriding lessons with her family, or hunting for treasures at estate sales.



Tena Hahn-Rodriguez (she/her) brings a full range of career experience as a DEI professional and educator. Her background as an entrepreneur, educator, and community organizer has made her one of the most recognizable people in Omaha. As co-founder of REVEL, Omaha's only LGBTQIA2S+ safe social space and community fundraiser, Tena has focused her efforts to organize, support, and celebrate Omaha's LGBTQIA2S+ community since the event's inception in 2014. Tena's career experience as a dance and fitness instructor made her an entrepreneur at the age of 32, and an educator to three generations of youngsters and countless active adults. A lover of music, movies, social media, and an avid reader, Tena's non-profit career ranges from Program Associate to Business Development Manager, and Interim Executive Director. She thinks doing really hard work can still be joyous!

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