



ruthking

MEDITATION LIFE COACHING MINDFUL LEADERSHIP

Mindful of Race

A Stimulus for Social Healing & Leadership

The [Mindful of Race](#) training is designed for contemplative groups and organizations that have an ongoing relationship with each other and want to deepen understanding of racial suffering, cultivate racial literacy, and nurture intimacy within community. This training is not intended as a public seminar.

2016 Non-Profit Training Fees

Tuition: \$150.00 per person – 35 person minimum (minimum base fee)
Additional attendees: \$100 per person

Fees Include:

- Training preparation, customization, and administration
- 2.5 days (20 hours) of professional training
- Up to 5 hours of consulting/coaching to sponsoring organization (pre and/or post retreat)

Additional Fees:

- Travel and lodging expenses (flights coast to coast are first class)
- Training materials and audio/visual equipment
- Facility/Rental fees

Ongoing Consulting Fees

Often following such training, there is a need for ongoing support including organizational integration, cultural affinity group formation and cohesion, and leadership coaching. Many teams and organizations opt for an annual retainer fee (we can discuss). Otherwise fees range from \$75 for 30 minutes to \$175 for 75 minutes.

For more information, visit www.RuthKing.net or admin@ruthking.net.