

The Antidote Retreat: Menopause Edit

February 10, 2023

Club Evexia, Mill Valley, CA

What is The Antidote?

The Antidote Retreats are designed as experiences for women of color to show up fully, authentically, and ready to invest in ourselves.

This **Edit** of The Antidote Retreat brings together women of all racial identities who are: experiencing, *anticipate* experiencing or have *already* experienced menopause, in a space where, together, we will build the understanding and savvy to meet the challenges that are unique to women in this stage of our lives, in a white supremacist, patriarchal world.

The Antidote will not abolish a white supremacist, patriarchal system, but it can change your agency within it.

Everything we offer during The Antidote is designed to help each of us to: recognize how white supremacist, patriarchal norms warp our self-concepts and experiences of menopause; remove our cultural armor; see ourselves authentically; and own our positionality, our power and our possibilities. Yes, you will do some deep, serious, joyous and sometimes challenging inner work. You may feel refreshed and exhausted. Our intention is not to offer a “one and done” solution to patriarchy and white supremacy, but to help you see it clearly and make your choices living in it.

Because You Are...

- A woman who recognizes your ethnoracial identity as vitally intersectional with your gender identity
- Experiencing, anticipating or have already gone through menopause
- Aware the game is rigged...
- Unwilling—and maybe unable—to play along the same way (all the time) anymore
- Not going to pretend you're **not** going through something during menopause
- In need of time and space to reflect
- Ready to name the system and your role in it
- Eager to assess what you're doing that's working for you, and what else or differently you could be doing for yourself
- Thinking *I can't possibly take this much time (for myself)!*

Join Us For...

- **Mentoring**, coaching, and mirroring from peers who share your experiences
- **Time** to think deeply, reflect, question, take stock, and get feedback
- **Tools** for discerning your priorities, goals, core values, and passions
- **Untangling** dominant messages of work, family, culture, and your inner (racist and sexist) critic
- **Space** to slow down and say *no*
- **Honest perspective** on thriving vs. surviving mechanisms
- **Strategies**, agency, and freedom going forward
- **Opportunity** to walk away from apprehension and toward audacity
- Ways to **leverage** and embrace your differentness

[Register Now](#)

You Have The Day

The Antidote: The Menopause Edit is a daylong retreat. We encourage you to plan to fully immerse yourself in investing in yourself.

If...

you can't afford to lose three days of productivity...

If...

you can't take three whole days for yourself...

If...

you never have the time...

The Antidote

Resist the culture of overworking and always doing more.

The Antidote

Recognize the mindset of white supremacist, patriarchal culture.

The Antidote

Take the day to think, speak, listen, and be seen.

Jennifer McClanahan

Jennifer McClanahan is the founder and CEO of Leverage to Lead. As a trusted strategic advisor, she helps leaders and organizations live the values that create cultures imbued with equity and belonging; revitalizes organizational ecosystems; and helps everyone leverage their difference.



Alison Park

is the founder of Blink Consulting. She facilitates strategic systems transformation and professional-personal growth for teams and individuals, collaborating with communities to aspire, articulate, operationalize and own their commitments to DEI through cultivation of skills, savvy and stamina.

Your Facilitators

Join us for

The Antidote: The Menopause Edit

February 10,
2023

9am-4pm

Registration:

Pay as you may. We appreciate your consideration of the value of this occasion, in the context of what is affordable for you. Don't know what to donate toward this event? This is a daylong facilitated retreat. Our original registration fee was \$1,000/day. Please consider this a practice of trust in yourself, and know that what you offer is enough.

Registration includes breakfast, lunch, snacks and beverages, as well as retreat activities and materials. Registration does not include accommodations, transportation or activities outside the retreat agenda.

Space is limited to 30 participants.

Please see our **FAQ**, for information including local accommodations and more retreat details.

Deadline to Register:

February 6, 2023

Questions?

Please contact: alison@rethinkingdiversity.com

Register Now