



Where Vision meets Velocity™

# RESET: CREATING THE FUTURE THROUGH WOMEN'S LEADERSHIP

Amidst the extraordinary disruption, breakdowns, and challenges of the time we are in is also the opening of our lifetime: a chance to re-vision, rebuild, and renew like never before. Women—especially women leaders—can harness this moment to have a profound and healing impact on the future we create together.



*We wanted more time, we have been praying for change; well, here it is—just not in the way we expected.*

~ Tash Pericic

**Reset: Creating the Future Through Women's Leadership** is a six-month program for women leaders who crave an empowering structure in which to reset internally and externally. Who can you be for yourself, your family, your community/organization, and your world? What's possible from here, and what will that take of each of us? Program leaders Amy Lewis Hofland and Laura Neff cannot wait to help you move what is in your heart and mind into real life.

## Reset is for women in positions of leadership who...

- Yearn to bring more balance and vitality into the future they are creating.
- See connection, relatedness, and integrity as fundamental to a world that works for everyone.
- See their instincts and intuition and strengths as sources of power and contribution.
- Recognize stillness as an access point to clarity.
- Have ideas and strategies to put into action.
- Are ready to cause something new.

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## Program content includes...

**Skills to Design a New Life:** There is no returning to the old normal; there is only the new normal that continues to be created. Together, we will delve into who we are and who we can become to have a true Reset take hold, personally and outwardly. We will tackle Integrity, how giving and keeping our word opens the doors to creativity and power, and how Integrity and personal accountability pave the road for being the women and leaders we most want to be.

**Practices for Mindfulness, Self-compassion, and Wellbeing:** The world is being asked to pause, take stock, and renew. Together we will study the purpose and practices of mindfulness. We will craft ways of putting compassion (especially self-compassion) into daily practice. And in the process, we will discover new ways to source strength, resilience, and clarity in day to day life.

**Your Personal Reset Plan:** Our journey together begins with writing and sharing our visions for ourselves and for the larger contribution we want to make to the world. Reset provides structure and sacred space to quiet our minds, acknowledge our callings, and build support systems to move us from vision to action.



*As women our many paths to  
“knowing” include stillness,  
intuition, and allowing ourselves  
to be with life as it unfolds.*

## Personal Results Participants have Reported

- More freedom, self-acceptance, peace
- Being more clear and direct in communication with others
- Taking time for ME
- Less holding onto feeling responsible for things I can't control
- Handling difficult conversations; seeing things I can do that I've never done before in communication

## Sample Projects from Recent Participants

- Cultivating JOY in the world
- Racial Justice curriculum for a state university in non-English language(s)
- Academy devoted to developing the hidden strengths in autistic people so they can be the best of themselves, reaching their highest potential
- Creating a culture of collaboration and respect in a rapidly-growing small business that's merging with another company

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## PROGRAM LEADERS



**Amy Lewis Hofland** has led the Crow Museum of Asian Art at the University of Texas, Dallas since its inception in 1998. The Crow Museum is the preeminent museum dedicated to the arts and cultures of Asia in the southern United States, and Amy's leadership has helped draw over 100,000 visitors per year with innovative exhibitions and programs. Since 2013, Amy has taken on her own leadership as a long-term client of Dorrier Underwood and now a co-facilitator for multiple Dorrier Underwood programs.

Amy is committed to compassion in action. As the leader of a university museum, Amy holds compassion as the guiding principle for her work and personal life and is a leader with the International Charter for Compassion. She is an author, speaker and enthusiast for a more compassionate world. She is a certified educator, yoga instructor and on her way to completing mindfulness certification in December of this year.

Amy lives in Dallas, TX with her husband, Scott, two teenage sons, Baker and Edward, and everyone's favorite fluffy gray and white dog, Lovey.



**Laura Neff** joined Dorrier Underwood as a consultant and director of marketing in 2016, bringing expertise from both the corporate and small business worlds.

From Bank of America, where her focus was on internal strategic communications and training, she left corporate life to launch and nurture four small businesses. She co-created Charlotte, North Carolina's first urban community supported agriculture program and enjoyed a 10-year career as a leadership and executive coach, leading and co-leading multiple programs and retreats along the way. As an expression of her commitment to wellbeing, she co-founded Nourish, Charlotte's only 100 percent plant-based prepared food delivery service.

She also taught college English, served as coach and leadership faculty for larger-scale personal and business development programs, spoke at business development conferences, and created and led leadership workshops and retreats. For a number of years, she served on the board and as president of the Charlotte chapter of the International Coach Federation.

Laura lives on the outskirts of Charlotte with her husband Robert and a beloved menagerie of three cats, two dogs, and five chickens.



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*Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you.*

**Shannon Alder**

## PROGRAM STRUCTURE

- Monthly meetings of the whole group (two-hours by video-conference.)
- One one-on-one coaching call/month with Laura or Amy (45 minutes)
- Buddy meetings 1x/month (60 minutes)
- Wellbeing and project time that each participant creates for themselves

**WHERE:** Conducted by video-conference (closed link)

- WHEN:**
- Session 1: November 5, 3:00 - 5:00 Eastern
  - Session 2: December 3, 3:00 - 5:00 Eastern
  - Session 3: January 7, 3:00 - 5:00 Eastern
  - Session 4: February 4, 3:00 - 5:00 Eastern
  - Session 5: March 4, 3:00 - 5:00 Eastern
  - Session 6: April 1, 3:00 - 5:00 Eastern

**REGISTRATION FEE:** \$3,000 per participant