



InPower Institute Residency Program

About Us

InPower Institute, a division of Emerging Wisdom, is a center for community healing and optimal living that helps individuals and groups create extraordinary lives and a more just and vibrant world. The Institute collaborates with healers, sages, seekers, teachers, change agents, activists, spirit workers, earth allies, artists, revolutionaries and blooming humans working to advance wholeness and well-being for themselves and the community at-large. These partners, along with the Institute's core faculty, fellows and residents, offer programs, workshops and services in six core areas: 1) spiritual growth and discovery, 2) holistic health and well-being, 3) abundant living, 4) harmonious relationships, 5) cultural arts and expression, and 6) community and justice.

Our Residency Program

InPower Institute welcomes applications for its Residency Program, which provides four months of funding and training for individuals from groups traditionally under-represented in the fields of community healing and wellness. Candidates for the program must reside outside of the St. Louis metropolitan area and have a commitment to deepening their healing practice(s) in service to themselves and others. The goals of the Residency Program are to:

- Grow the lineage of community healers;
- Create healing spaces, programs, and practices that advance wholeness and wellbeing;
- Help resource the work for those engaged in the healing and transformation of human communities; and
- Develop the community healing field of practice.

Residents may come from a variety of disciplines, including the creative arts, spiritual development and ministry, public health and policy, education, political science, anthropology, psychology, sociology, social work, community organizing, the natural sciences, business, and the metaphysical arts. What the Institute values most is a strong background in community wellness and/or healing work, a commitment to liberation and social justice, and the development of practices and programs that elevate human consciousness and conditions.

Program Specifics

Residents are part of a liberatory community that supports them in exploring, expressing and engaging what animates and excites them at their core. The Institute supports residents in being creative, rather than conditioned as they develop their healing offers for themselves and their communities. As a community healing incubator, the Residency Program provides platforms for residents to uncover and manifest their life's work without interference. It imbeds participants in a supportive community of healers who are willing to collaborate in meaningful ways on residents' projects and programs.

Residents are expected to work the equivalent of 20 hours per week from the beginning of September 1 to December 20. Participants may undertake a single healing project or multiple projects, but all residency work is focused on building skills and confidence in real-world community healing practices. To support residents' work, the Institute provides free co-working space, office supports (printing, wifi, parking etc.) and housing accommodations.

Additionally, residents receive a total stipend of \$4,000. Payments of \$1000 per month are made in recognition of their work and based on completion of program requirements. Stipends for the Institute's fall Residency Program are awarded from August through November, the third week of each month.

Residency Program Activities & Requirements:

- A. Team Shadowing:** Residents will shadow team members, attending their programs and experiencing their offerings for the first two months of their stay. This enables them to gain an understanding of the different types of healing modalities present among the InPower team.
- B. Community Interviews:** Residents will interview St. Louis-based leaders whose work in community healing aligns with their interests to learn about their efforts; share information; and explore issues of leadership, intersectionality, sustainability etc.
- C. InPower Retreat.** Residents will attend InPower's spring and/or fall team retreat. As part of the retreat, they will be given an opportunity to share their healing practice(s), interests and insights with the group.
- D. Resident Capstone.** Residents will design and deliver at least one community healing / wellness project that serves as a capstone of their work. This capstone can be done individually or in collaboration with other Institute and community partners.
- E. Capstone Presentation:** Residents will document insights and learning from their capstone project(s) and present their findings to InPower community members at the end of the program.
- F. Blogs.** Residents will share their questions, insights, and learning with the InPower community via blogs / vlogs / creative expressions that are distributed through the Institute's various communications channels (ex. program guides, e-blasts, social media).
- G. Monthly Team Meetings:** Residents will attend InPower's monthly team meetings to participate in project updates, planning and reflection.

Support Mechanisms

Residents are supported by their InPower colleagues and community members in the following ways:

Faculty Mentor / Supervisor: The faculty mentor: 1) acts as a guide and advisor throughout the program; 2) supports residents' development and reflection; 3) helps them plan and coordinate their healing work; and 3) ensures the fulfillment of their residency requirements and capstone project.

Leadership Team Support: InPower's leadership team members (Founder, Institute Director, and Director of Operations) are available to guide, advise and support residents in achieving their

program goals and requirements. Upon request, leadership team members will help residents process their experiences; secure needed resources; and discern transition supports as they return to their home communities.

Post-Residency Partnership: Residents are encouraged to maintain a relationship with InPower upon completion of the program. They may request continued support from and partnership with the Institute to provide community healing services and programs in their hometown communities. Residents are also eligible to receive seed grant funding from InPower for their programming, professional development and personal healing / well-being.

Criteria for Selection

Residents will be selected based on the quality of their completed applications, materials provided, and subsequent finalist interviews. Interviews will focus on:

- Their personal and professional commitments to community healing and wellness for themselves and their peoples. Additional consideration is given to candidates working with groups that are engaged in social, economic, political, cultural and spiritual transformation efforts that seek to create a more just and vibrant world.
- Alignment between their skills, aspirations, and development interests and the Institute's program focus areas and resources;
- The quality of their academic, professional, and personal experiences related to community healing and wellness; and
- Their capacity to carry out and complete the requirements of the residency program.