

# Welcome



## Five Stories to Rewrite Together

**G25080103**

with Ellen Petry Leanse

August 8-10, 2025

Greetings,

I'm delighted you've enrolled in "Five Stories to Rewrite Together" and very much look forward to meeting you at Ghost Ranch. Our world is shaped by stories – and how they guide our thoughts and actions. It's thrilling to imagine how much we can shift in the world when we shift from false stories to a deeper truth.

We'll meet on Friday evening, Saturday morning and evening (with an optional, recommended, and very enjoyable Vision Board session on Saturday afternoon), and Sunday morning. Friday through Sunday you can expect to be immersed in learning and activities from 9am until noon. We'll spend about 90 minutes in discussion and interaction after dinner each night.

If you'd like to warm up with an understanding of basic neuroscience, consider listening to my podcast, The Brain and Beyond; it's available on all major podcast players and on my website, [www.thebrainandbeyond.com](http://www.thebrainandbeyond.com). Episodes 1 and 2 would be a good place to start. You may also enjoy Episode 9, which explores the hemispheres of the brain and how their use may correlate to rising levels of stress and hardship in modern life. I look forward to our time together!

With best regards,

Ellen

[www.ellenleanse.com](http://www.ellenleanse.com)

P.S. Please bring a notebook, water bottle, willingness to share.

# Welcome



## Five Stories to Rewrite Together

**G25080103**

with Ellen Petry Leanse

August 8-10, 2025

### Workshop Schedule:

Friday afternoon / early evening:

6:30 pm Orientation

7pm meet and greet, and icebreaker activities.

Saturday morning 9am-Noon:

-Change the stories: learn five widely held beliefs about women, equality, and ways of living that hold us all back. Expect a shift in perspectives – and maybe even the relief of seeing a better way you perhaps have hoped was possible.

-We'll combine interaction, training activities, and skill-building exercises to show the power of changing our stories.

Saturday afternoon (optional) - space open all afternoon

Create a vision board showing how you want to connect with a higher human truth than the current stories suggest. You'll take home a lasting illustration of the change you're hereto see, and help create, in the world.

Saturday evening 7pm-9pm

Group activities, change-making practices, and intention setting.

Sunday morning 9am -11am \*\*Room check out by 10am

New stories. Share your vision, create commitments, and build the measures that reveal impact and success. Leave with a plan of action and an inspiring exercise that supports your continuing steps.