

25th 
Anniversary

RENEWNEWS

*RENEW helps people who juggle work, family and
Community commitments sustain (or regain) their
enthusiasm, effectiveness and purpose*

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RENEW: 25 and growing Linda Hawes Clever, MD, MACP

Anniversaries generate reflections. Three reflections pop to mind.

The first is *gratitude*, that glad glow of WOW, warmth and relief. My husband Jamie has always been my flag-waver-in-chief and buttress, joined by our daughter Sarah and other family and friends. They have my back. John W. Gardner was the giant thought-leader. His concepts and experience were fundamental. The RENEW Board, Panel of Advisors and program managers have been willing, able, and generous. Early adopters across the country understood the pressures and distress that physicians face and they invited RENEW presentations. Constructive mavericks proffered funds. I am so grateful for comments from “Renewlings” such as, “I am very happy to have participated. I feel reassured. I have learned new strategies to make me feel whole. I am not perfect. I am OK and on the right path for personal fulfillment. Thank you.”

I also reflect on *listening*. Listening to our colleagues led to quick extensions of RENEW to nursing and many other areas of health care. Listening was essential to learning how to meet distinctive challenges. More listening led to broadening RENEW to many who are dedicated to serving others: teachers, clergy, volunteers, and not-for-profits. We listened and learned that leaders need to revitalize themselves, not just their organizations. We also learned that many want to be better than busy. Renewing is one answer.

Listening leads to identifying core subjects. In RENEW Conversation Groups, webinars, conferences, talks, and retreats (we call them “advances”), we always explore values first. We also assert, “You need to be OK in order for others to be OK.” Using those basics, we move on to specific topics such as purpose, deciding what to juggle, how to say “No”, signs of trouble, barriers and boosters to change, and building relationships. COVID and other unwelcome cultural and political tensions plus welcome advances in neuroscience have spurred evolution of our “curriculum”. Now we also include previously out-of-favor subjects, such as awe, languishing, clearing clutter, pausing, Nature, civil discourse, negotiating, diversity, equity, inclusion, access, and belonging.

A final reflection is *wonder*. RENEW has served and grown for a quarter of a century. I am surprised and delighted that something wonderful can grow from avalanches of family and professional troubles. And viola!, our mission comes true: We provide inspiration; confidence and direction to dedicated people who want whole, healthy lives of purpose and joy.

Back to gratitude: Thank you for a great start and for helping us move forward.

RENEW News Summer 2023

It has been a busy 25 years. Since 1998, when Google and RENEW were founded, we have had the opening of the International Space Station, 9/11; hurricanes, oil spills, wildfires, and wars; the starting of Facebook and iPhones, the election of America's first African American president, Brexit, a NASA fly-by of Pluto, and COVID.

RENEW has been there, backing thousands of dedicated people who want to move ahead, feel the wind lift their wings, and have fulfilling lives. On 9/11, a RENEW Conversation Group was meeting at CPMC as the news came in. Hospital leaders, already bonded by earlier conversations, were able to plan effectively and efficiently. RENEW was there throughout the very worst of COVID, offering webinars and Conversation Groups to replenish and restore doctors, nurses, volunteers, and leaders. Other times, we were simply *there* to listen, comfort, re-inspire, and tell stories (some of them very funny).

Our 25th anniversary party was fun, engaging, and delicious as were the presentations and conversations. We see this as a great time to celebrate **and** move ahead into the digital world.



In the Meantime

- Linda was interviewed for a September conference that will be presented by Encore Retreats called *Rock the Empty Nest*. <https://www.rocktheemptynest.com>
- Leading nurses Nancy Dudley and Toby Adelman, with Linda, will describe RENEW's Conversing about Nursing at a Learning Exchange at the October 2023 Relational Leadership Convening in Atlanta.
- Panel of Advisors member Janet Bickel's new book *Equip your Inner Coach: Personal, Career and Leadership Development in an Uncertain Age* [<https://janetbickel.com/new-book/>] is becoming a prized gift for young people. Proceeds go to Doctors Without Borders.
- Dennis Patterson, MHA, D. Ed, FACHE, FACHT is returning to the RENEW board at the perfect time to apply his entrepreneurial skills.