



**We champion rest. We equip leaders. We change culture.**



Learn more at [RunHardRestWell.com](https://RunHardRestWell.com)

*You're tired.* The World Health Organization now identifies burnout as a medical concern. Your team can relate. They're leaving their best selves on the sidelines.

Engagement plummets. Their faces show it. Retention numbers dwindle. Your workplace culture suffers. Change is needed. Rest has been forgotten. Maybe we never learned it.

Too many of us have grown accustomed to "running on empty," forfeiting our best and shortchanging those we love, lead, serve, and influence.

*Run Hard. Rest Well.* equips those working in nonprofit, health, ministry, as well as education, leadership, organizational team development, and business pros to rewrite their stories of overload.

Vibrancy and engagement transpire in the workplace when teams run with passion and rest on purpose.

Help us reset the sails and navigate our "always on" culture. Your workplace and our community can rebound – routinely refueled, refreshed, and replenished.

---

**Run Hard. Rest Well. educates our community on what it means to be refreshed.**

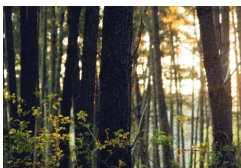
Your sponsorship helps us reach more people in need of rest: teachers, nonprofit leaders, pastors, nurses, social workers, entrepreneurs, and parents. You can help!



**Sleep is a daily commitment that leads to vibrancy & strength.**



**Sabbath is a guilt-free time to reconnect with people & priorities.**



**Stillness is a pause to cultivate joy, gratitude, and a sense of purpose.**



**Solitude is an invitation to step away from the fray.**

# Your Sponsorship Makes Our Work Possible!

Learn more, find resources, sign-up, and donate at **RunHardRestWell.com**



## A Rest That Works

Work teams, nonprofit leaders and those who work with human resources - we all set a pace that demands every free hour. These interactive sessions help teams embrace a pace and passion for work and rest that is life-giving, transformative, and sustainable. Your support of this program changes workplace culture. Too many have grown accustomed to “running on empty,” forfeiting their best selves and shortchanging those they lead, serve, and influence. Supporting these sessions allows people to re-invigorate their pace.



## Vantage Point - Discovering God's Design

Make rest simple and strategic. It fuels God's best work in us and through us. Vibrancy transpires in churches and ministries when leaders and their teams run with passion and rest on purpose – routinely refueled, refreshed, and replenished. Digging into biblical teachings on Sabbath rest, our materials include a small group study book, video series, and retreats to help equip God's people to navigate 24/7 from a place of strength, sustainability, and joy.



## Breathe Strategic Wellness

The fatigue and the demands of those who work in education today are real, relentless, and often daunting. Sessions are designed to be stress-free and life-giving, through the exploration of the stewardship of time and energy. Underwriting this innovative vitality seminar brings together like-minded professionals. Your support provides financial assistance for educators, and those in helping professions (nursing, social work) to understand their passionate pursuits do not have to leave them feeling alone and exhausted.

## Retreat Sponsorships

	\$10,000	\$5,000	\$2,500	\$1,000
Recognized as Presenting Sponsor on all event materials	Large Logo			
One complimentary 1-hr presentation at your organization	2 Sessions	1 Session		
Press Release inclusion	Yes	Yes		
Social media recognition (LinkedIn, Facebook, Instagram)	Logo & Mention	Logo	Name	
Event signage & recognition at all events	Large Logo	Logo	Logo	Name
Event registration recognition - Website & Onsite	Large Logo	Logo	Logo	Name
Seats for the Community Retreats	50	30	20	10



Donate online at [RunHardRestWell.com/give](http://RunHardRestWell.com/give)

**Yes, we would like to sponsor *Run Hard. Rest Well.* Retreats!**

Contact Name: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Sponsor Level: \_\_\_\_ \$5,000 \_\_\_\_ \$2,500 \_\_\_\_ \$1,000 \_\_\_\_ \$500 Other \$ \_\_\_\_\_

Additional Donation: \_\_\_\_\_ Total Sponsorship/Donation: \_\_\_\_\_

\_\_\_\_ Program Sponsor: ☐ Please use where most needed.

☐ A Rest That Works (Workplace) ☐ Vantage Point (Ministry) ☐ Breathe Strategic Wellness (Education/Social Work)

\_\_\_\_ We will use our seats at the following Retreat: \_\_\_\_ 10/2/19 \_\_\_\_ 10/22/19 \_\_\_\_ 11/15/19 \_\_\_\_ Spring 2020  
\_\_\_\_ Ministry (AM 9 am - noon) \_\_\_\_ Workplace (PM 1:30 - 4:30 pm)

Please email [info@runhardrestwell.com](mailto:info@runhardrestwell.com) with your participants, or send them with this agreement:

Participant Name: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Participant Name: \_\_\_\_\_

\_\_\_\_ Our team would like to donate our seats to those in need. Please use them as needed.

Form of Payment: \_\_\_\_ Check enclosed. \_\_\_\_ Please invoice me. \_\_\_\_ Please charge my card:

Card: \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_ CSC: \_\_\_\_

Signature: \_\_\_\_\_

**Thank you for  
your support!**

Mail this form to:  
Run Hard. Rest Well.  
1596 S 150 W  
Albion, IN 46701

Donate Online:  
[www.runhardrestwell.com/give](http://www.runhardrestwell.com/give)  
Email: [brenda@runhardrestwell.com](mailto:brenda@runhardrestwell.com)  
Questions: 260.239.1297