



SUNRISE SPRINGS

SPA RESORT

SANTA FE

GROUP FACILITATION SPECIALISTS

A retreat, meeting or conference scheduled into the regular work life of an organization can be a source of great unity and inspiration. As we learn to be with each other in different ways, we develop deeper understandings of who we are as individuals and as a group. Spending time with coworkers and other associates in a way that is fun, relaxed, reflective and engaging can be nourishing as well as productive. Rarely in this culture do we take the time to simply pause from the frantic pace of our actions. A commitment to pausing on an organizational level can lead to the manifestation of an entirely different and powerful orientation toward work, vision, community, and self. If you're looking for a deeper level of engagement with your meeting or retreat, consider incorporating the services of Sunrise Springs' specialists Michael Schroder (credentials) and Dr. Sally Fisher (credentials) can add the meaning, cohesion and mindfulness you're seeking, fully tailored to coordinate seamlessly with your program.

- *Team Building*
- *Mindfulness Activities*
- *Wellness Presentations*
- *Conversations to Create Cohesion*
- *Topical Q&A Sessions*
- *Full Program Facilitation*



"Our healing philosophies and experiential offerings are built for anyone seeking a deeper exploration and understanding of their lives."

SUNRISE SPRINGS SPA RESORT
LEAD COUNSELOR
MICHAEL SCHROEDER

CREDENTIALS

B.S. Psychology, University of California, Santa Cruz
B.A. Printmaking, University of California, Santa Cruz
M.S. Psychology, Pacifica Graduate Institute
LMFT Licensed Marriage and Family Therapist

A licensed psychotherapist in California and New Mexico, Michael has worked extensively with couples and children. His psychotherapy practice is solution-focused, combining art, myth, mindfulness, and elements of Zen Buddhism to help individuals and couples evolve to greater self-knowledge. Michael studied at Parsons School of Design in NYC and trained as a yoga instructor at New York's Integral Yoga. For many years, Michael worked as a fine artist specializing in printmaking, resin casting, and woodwork with gallery representation in New York City and Santa Fe. He strives to maintain the connection between art and psychology, particularly in relation to depth-related modalities and the work of Carl Jung, MD.



"My desire and intention is to have those I work with feel deeply that I am fully present with warmth, humor, and knowledge as I help people to explore ways of enhancing their HEALTH + WELLNESS."

SUNRISE SPRINGS SPA RESORT
MEDICAL DIRECTOR SALLY FISHER

Albuquerque's Top Doc in Preventive Medicine
Two years in a row - ALBUQUERQUE THE MAGAZINE

CREDENTIALS

BA, Yale, Psychology
MD, University of New Mexico
Community Medicine/Public Health
MS, Mt. Sinai/New York University School of Medicine

BOARD CERTIFIED BY

American Board of Preventive Medicine
American Board of Integrative and Holistic Medicine
American Society of Physician Nutrition Specialists
Clinical Assistant Professor, UNM School of Medicine

Dr. Sally Fisher is board-certified in Preventive Medicine, Integrative and Holistic Medicine, and as a Physician Nutrition Specialist.

For guests of Sunrise Springs Spa Resort, Dr. Sally offers Q&A discussion-based experiences, tailored to the desires of participants, around timely and compelling topics such as food as medicine, gut (GI) health, stress and relaxation, and a variety of other topics in the area of mind/body wellbeing.