

THEME: RENEW: It's All About You

Friday – 2pm to 3pm: Registration/Check In/Technology Check
3pm to 5pm: “Building Confidence in Your Future” – LuAnn B
OR
“ Passion Mastermind Group” – Erin Dietz
5pm to 5:30pm: Opening of Gift Bags
Review Schedule & Logistics

5:30pm to 7:00pm: **Dinner**
7:00pm to 9:00pm: String the Beads/Yarn exercise:
Introductions and what's your RE

Saturday - 8:00am to 8:30am: Meditation/Healing/Yoga

8:30am – 9:00am: Breakfast Sharing/What's Up with Me
9:00am – 10:am: TBD
10:00am to 11:00am: Exercise/Activity
11:00am to 12:00pm: Get off the Struggle Bus – Amy
- Announce what's coming up next

12:00pm to 1pm: **Lunch**
What's Your Story or Diamond in the Rough
1:00pm to 3:00pm: Write Your Story as if you're already there...
- Exercise/Activity/2-30 minute Ted like talks
- Exercise/Activity/2-30 minute Ted like talks
- Laser Coaching opt in or Opt for Outside
(We can play with all of the above)

3:00pm to 5:00pm: Wine Tasting Carlos Winery
5:30pm to 7:00pm: **Dinner at Retreat Center**
8:00pm to 9:00 pm: Fire and Sharing
9:00pm to 10:00pm: Open to suggestions/Move Night

Sunday - 8:00am to 8:30am: Meditation/Healing/Yoga
8:30am to 9:30am: What I am Grateful for...exercise
9:30am to 10:30am: **Brunch Breakout discussions**
How to Master Your Mindset and get \$#it Done!
LuAnn Introduce the Book to them
10:30am to 11:00am: Check out/move out??

11:00am to 12:00pm: Bringing it all together/Closing Circle/ What's Your
Actions

12:00pm: Closing Comments/Evaluation