



2023 Unleash Your Leadership Retreat Agenda*				
	Thursday September 14	Friday September 15 th	Saturday September 16 th	Sunday September 17 th
Morning		<p>Day 1 Focus: The Reset</p> <p>Morning Nature Connection & Group Breakfast</p> <p>Meeting of Hearts & Minds – SPACE and Stillness</p> <p>Attuning to Nature: Learning from Nature’s Systems & Restoring our System</p>	<p>Day 2 Focus: Accessing our Power & Wisdom</p> <p>Morning Outdoor Meditation</p> <p>Attuning to Nature – Guided Hike with Nature-Based Practices</p>	<p>Day 3 Focus: Trailblazing</p> <p>Morning Outdoor Meditation</p> <p>Attuning to Nature – Structured, self-guided SPACE for Discovery</p> <p>Meeting of Hearts & Minds: Embodied Purpose</p>
Afternoon		<p>Attuning to Nature – Structured, self-guided SPACE for Discovery</p>	<p>Attuning to Nature – Continuation of Guided Hike</p> <p>Meeting of Hearts & Minds: Powerful Reflections and Insights</p>	<p>Meeting of Hearts & Minds: Personal Practices for Sustainment</p> <p>Retreat Close</p>
Evening	Arrival & Check In (Starting at 4pm)	Group Dinner + Reflections	Open SPACE	

*Agenda items and/or timing may be subject to change