



# Women's Sabbatical Getaway

refocus | reset | recharge

A powerful planning retreat called a sabbatical since it provides you with an intentional break from the busyness of work and life to refocus, reset, and recharge.

## why attend

Between our work and personal lives, we are busy, busy, busy. We are so busy doing that carving out time for thinking and creating rarely happens.

This means you rarely sit down to think. To dream about your future. To capture your vision. To create your personal definition of success. To identify the strategies and habits you need to reach your definition.

Taking the time is not enough. You also need a powerful framework to follow so you walk away with your personal strategic plan. And you need coaches who can guide and inspire you through the process.

## who should attend

Sabbaticals are for any woman who wants to:

- Unplug from her busy world and connect with her inner self to think and create.
- Gain clarity in her professional and personal life.
- Create her vision for the future and strategic plan for the upcoming year.
- Understand which of her natural talents to leverage to help ensure her success.

## what it is

It's a **dynamic planning journey** where experienced coaches guide you through a creative strategic planning framework that you can aim toward your professional and personal vision.

It's an **intentional focus on self** to help you discover what's important to you, identify how you spend your time, and assess where you are today.

It's a creative space where you will be inspired to hope and dream as you create a vision of your future.

It's a **collaborative environment** where you can formulate your goals and strategies.

It's a **set of tools and habits** that you can use to prioritize the important, increase your productivity, and plan more strategically.



- Learn which habits will help her implement her plan successfully.
- Build a circle of connections who can support and encourage her.

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You don't think you need it, but you do. Everyone should do this. Force yourself to do it because it's good for the soul.

The structure forces you to think about important things and you can't get distracted. Now, I know where I am going and how I am going to get there.

**Michelle | Jan 2024**



## our planning framework

We used our robust experience and expertise to build a strategic planning framework we call **Truth**, **Hope**, and **Hairspray**.

The 2-night agenda steps you through this dynamic framework so you leave with clarity, a solid plan, and powerful productivity tools.

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Truth, Hope and Hairspray makes so much sense. Rhodi and Kelly helped me see things differently.

You might not think you need it, but it turns out you are put right in the place you're supposed to be.

**Stacey | Nov 2023**



Stay connected to Kelly & Rhodi and your sabbatical experience by listening to the **Hope & Hairspray Podcast** on Apple, Spotify, and YouTube.



## the 2025 agenda

Leveraging the concepts from the books **The 7 Habits of Highly Effective People** and **StrengthsFinder 2.0**, this agenda provides powerful tools to create your strategic plan and habits to successfully implement it.

### Day One

Your sabbatical begins around 4 pm with a warm welcome as you meet the other amazing women at the sabbatical. We always start with the **Truth** so we will begin by exploring Habit #1 (Be Proactive).

- Learn to leverage the mindset and language of proactivity.
- Increase your circle of influence.

### Day Two

Although this day starts with the **Truth**, much of it is spent in **Hope** which means it is a day of reflection and creativity.

- Assess past successes and lessons learned to gain important insights.
- Learn the power of Habit #2 (Start with the End in Mind) as you identify your values and roles.
- Write your personal mission statement and capture your vision as you create your definition of success.
- Identify your big rocks and key strategies which are the framework of your plan.
- Wind down with a creative project after a delicious group dinner.

### Day Three

Your sabbatical ends at noon so the morning is filled with **Hairspray** strategies to keep you focused and on track.

- Learn how to leverage Habit #3 (First Things First) with time and calendar management strategies.
- Understand how Habit #7 (Sharpen the Saw) helps renew your mind, body, heart, and spirit.