

Renee Manning

## –Sample–Forum Retreat Agendas–

*All retreats are customized to fit the Forum's needs. These sample agendas are a starting point—not the only options available. Depending on the time and location of the retreat, there are lots of options we can explore.*

Half-day Retreat (approx. 4 hours, generally 10am-2pm with a brief lunch break after Forum Focus), available for clients local to the Charleston, SC area.

10 am–Welcome and Introductions

- Mindfulness/Visualization
- Setting Intentions

Connection Exercise

The goal of this section is to embrace the opportunity for transformation through deeper connections, first with ourselves and then with others.

Sample exercise:

The Tree of Life–Deepening your connection to yourself and your Forum mates through the lens of nature—roots, tree, storms, sun, etc.

Forum Focus

Possible Topics Include (not limited to):

- Deepening the 5% Reflections
- Forum Mindset/Deep Dives
- Forum Alignment
- Coaching

Sample Closing Exercises

- Focus on gratitude
- Moving forward with purpose
- Honoring your intention

Full-day Retreat (7-8 hours)

In addition to the half-day content, available anywhere in the world, we have the opportunity to include elements of the following:

- 1-hour of movement like beach yoga, forest bathing (Japanese style of moving meditation in nature) or beach barre.
- Journaling workshop (see next page for sample)
- Reiki workshop (see next page of sample)

- Facilitated group coaching around any wellness topic chosen by the Forum. Topics include, but not limited to, creating life balance, establishing a fitness routine, prioritizing self-care, etc.

## *Retreat Topics & Workshops*

### *EO Forum Focus (1-4 hours)*

All Forums need recalibration from time to time. Beginning with a whole-Forum survey, topics will be selected based on what the group/Moderator is looking to accomplish.

Possible Topics Include (not limited to):

- Deepening the 5% Reflections
- Forum Mindset/Deep Dives
- Forum Alignment
- Deep Dive Coaching
- Clearing

### *Journaling for Healing Workshop (approx. 2 hours)*

Our experiences, the embodiment of our history, make-up the rich patchwork of our current self. You are invited to come aboard this inner adventure that offers a step-by-step journey of discovery and re-visioning through focused journaling. You will be engaged in exercises designed to facilitate self-healing and transformation.

Reflecting on stories about our past through focused journaling can help change our perspectives to enable healing and empowerment. In this way, we are able to make meaning out of memory and put the past where it belongs. Healing and transformation are only possible through acknowledging where we feel unsettled and changing our perspective from within.

### *Reiki Workshop (approx 1.5 hours)*

Reiki is a form of energy healing that was discovered by Dr. Mikao Usui of Japan in the early 20th century. Reiki can be translated as spiritually guided life force energy. (There is no religion or specific dogma associated with this practice.)

In this workshop we will experience the energy within ourselves in new ways. From here we will notice if/where we have energetic blocks or over-abundance. With this knowledge, we can create better energy flow, which allows us to release tension while boosting creativity, passion, focus and peace.

### *Beyond Work/Life Balance (approx 1 hour)*

We live robust lives and creating meaningful life balance is much more complex than simply considering “work” in the equation!

In this workshop we examine the multifaceted elements of our lives and begin to develop an empowered life-plan, allowing us to live with health and vitality. Participants will take away a

greater appreciation for their total self, create space to explore areas of personal growth and commit to a meaningful health & well-being goal.

### *Creating A Wellness Action Plan (approx 2-3 hours)*

You are the ultimate owner of your life and your health. Being in the driver's seat requires a good map—it's imperative to know your starting point and your destination. Many of us only think about our health when we are sick; we think about physical health, forgetting that mental, emotional and spiritual health are equally part of the picture and necessary components of your best self.

Utilizing the Duke Health Wheel of Health, this workshop we take inventory of our whole health and well-being, understanding what our life-goals are and what contributes to our sense of long-term wellness. We begin with a personal health inventory and follow in SMART goal setting, mapping out a plan to get you where you want to go.

If health topics are of interest, there is also the option to order lab work in the form of a basic metabolic panel or microbiome panel in advance of the retreat. As a Certified Health Coach, Renee works with an advising physician through Full Script.

### *Movement Opportunities*

#### *Forest Bathing (approx 1 hour)*

Forest bathing and forest therapy (or shinrin-yoku in Japanese) broadly means “taking in,” with all of our senses, the forest atmosphere. Not simply a walk in the woods, it is the conscious and contemplative practice of being immersed in the sights, sounds and smells of the forest.

#### *Yoga & Meditation (approx 1 hour)*

Yoga is a vast collection of spiritual techniques and practices aimed at integrating mind, body, and spirit to achieve a state of enlightenment or oneness with the universe. What is normally thought of as “yoga” in the West is really Hatha Yoga, one of the many paths of yoga. The different paths of yoga emphasize different approaches and techniques but ultimately lead to the same goal of unification and enlightenment. However, at its core, yoga is about being present.

On retreat, practicing yoga is a great way to stretch our body and mind. No formal studio is needed; a safe, level and comfortable spot is all that is needed.

#### *Intuitive Movement & Stretching (approx 1 hour)*

For most of us, physical freedom and the ability to move without fear or self-consciousness slowly erodes during late childhood. In this fun and slightly quirky workshop, we practice building the confidence and power we once had to move our bodies in any way that simply

feels good. No excessive training or teaching, just space to move, feel and explore our own movement as we regain some of our youthful passion for life!

*Assessments and other relaxing add-ons offered in the Charleston area:*

- StrengthsFinder
- DISC\*
- Myers-Briggs\*
- Massage (provided at your location by CHS Mobile Massage)
- Facials/facial massage (provided at your location by Skin by Val)

\*Conducted by trusted colleagues in the Charleston, SC area.