



Waves of Change

EMPOWER. EVOLVE. ELEVATE.

2025 RETREAT AGENDA

FRIDAY | NOVEMBER 7

Arrival & Connection

Badge Bar & Swag Stop

4:00-5:30

Drop anchor, grab your badge, swag bag, and good vibes as you settle in for the weekend!

Rise & Riptide Reception

5:30-9:00

Kick off the retreat with tacos, margaritas, and mocktails as we dive into our first group connection activity, **Getting to Know You Presentations**. Each attendee will share a short 5-7 minute presentation — a chance to introduce yourself, and get to know the amazing women you'll be spending the weekend with. This relaxed, inspiring session sets the tone for the weekend — building connection, laughter, and purpose from the very first night.

SATURDAY | NOVEMBER 8

Inspire & Activate

Flow and Fuel

7:30 AM-8:45 AM

Ease into the day with yoga, a beach walk, or journaling - plus coffee and breakfast to energize your morning.

Waves of Welcome

9:00 AM-9:15 AM

A warm welcome, overview of the day's flow, and introduction to our 2025 Keynote Speaker.

Keynote Address

9:15 AM-10:00 AM

The Ecology of Leadership: Lessons from the Natural World for Healthier Teams and Cultures

Environmental scientist and leadership strategist **Amy Giannotti, MS, CLM** explores how thriving ecosystems mirror high-performing organizations. Through stories from the field and practical frameworks, she connects stewardship, resilience, and clarity to everyday leadership. Expect fresh ways to diagnose "organizational habitats," reduce invasive behaviors, and cultivate conditions where people and ideas flourish.

Morning Break

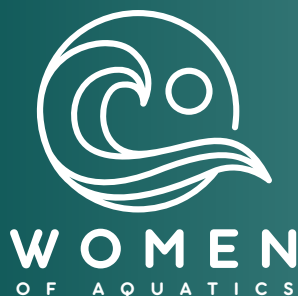
10:00-10:30 AM

Grab a coffee, stretch, and mingle before our next session.

Elevate: The Flow - Where Knowledge Runs Deep Challenge

10:30 AM-12:00 PM

A dynamic, team-based trivia experience that celebrates the diversity of our expertise — from plant ID and lake lore to leadership lessons and field finesse. Led by our own Big D and Jordyn Sloan, this is where knowledge rises and collaboration takes the win.



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SATURDAY | NOVEMBER 8

Inspire & Activate

Nourish and Network

12:00 PM-1:00 PM

Refuel and connect with fellow attendees during a fresh, catered lunch.

Guiding Waves: Mentorship Program Overview

1:00 PM-1:30 PM

Join Professional Development Committee Chair, **Sonja Wixom**, and Mentorship Program Leader, **Monica Caves**, as they dive into the recently launched Women of Aquatics Mentorship Program. Learn about the program's vision, current pairings, and how you can get involved — whether as a mentor, mentee, or champion for the next wave of women in the field of aquatics.

Waves of Wisdom: Insights from Every Chapter (Panel Discussion)

1:30 PM-3:00 PM

An open and honest dialogue with women at different stages of their professional paths — early, mid, and seasoned — sharing what they've learned, what they wish they'd known, and what keeps them inspired today. Expect real talk, laughter, and insights on building a thriving, authentic career in aquatics.

The Debrief Dock

3:00 PM-3:30 PM

Grab a seat, share your highlights, and reflect together on the day's most meaningful moments before we head into the evening festivities.

Recharge and Reflect

3:30 PM-5:30 PM

A mindful pause in the day to rest, refresh, or enjoy the beach before the evening festivities. Use this time to fill your cup — however that looks for you.

An Evening to Elevate: *The Black Dress Dinner*

5:30 PM-9:00 PM

Dress to elevate — in spirit, in style, and in celebration. We'll begin with a cocktail reception at sunset, followed by an intimate Italian family-style dinner where connection and gratitude take center stage. With heartfelt recognition, laughter, and a champagne toast under the evening sky, this signature Women of Aquatics tradition in the making honors our shared journey and the legacy we're building together.



*What you do makes a difference, and you have to decide
what kind of difference you want to make.*

Dr. Jane Goodall





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2025 RETREAT AGENDA

SUNDAY | NOVEMBER 9

Reflect & Recharge

Flow and Fuel

7:30 AM-8:45 AM

Ease into the day with yoga, a beach walk, or journaling - plus coffee and breakfast to energize your morning.

Morning Momentum

9:00 AM-9:15 AM

Ease into the day with announcements, a few reminders, and the introduction of Christen Strags, who will lead us through today's professional workshop.

Workshop: The Key to Confidence: Choices, Trades, and the Mindset to Win

9:15 AM-11:15 AM

Former WNBA Strength & Conditioning **Coach Christen Strags** brings her high-performance mindset to the Women of Aquatics retreat in this energizing and interactive session. Through her signature frameworks—**The Separation Factor** and the **Peak Performance Equation**—Christen reveals how confidence isn't a trait you're born with but a skill you build through intentional choices and consistent preparation. Participants will learn how to recognize the "trades" they make each day, reframe self-doubt into opportunity, and develop the mental edge needed to perform under pressure—whether in leadership, career transitions, or life's biggest moments.

The Debrief Dock

11:15 AM-11:30 AM

Grab a seat, share your highlights, and reflect together on the day's most meaningful moments before we break off on our own for the afternoon.

Choose Your Own Current (Lunch & Exploration)

11:30 AM-4:00 PM

Enjoy lunch on your own (or with a group), then chart your own course for the afternoon! Options include exploring Brookgreen Botanical Gardens, Atalaya Castle, the Myrtle Beach Boardwalk, or simply hangin' at the house to relax and recharge. Whatever adventure you choose, please return to the retreat home with enough time to prepare for headshots and group photos — ready by 4:15 PM sharp.

Portraits of Purpose (Professional Photography Session)

4:15 PM-5:30 PM

Our professional photographer will be on-site to capture updated headshots and group photos. This is your chance to refresh your professional image and celebrate the vibrant community we've built together. Please arrive photo-ready by 4:15 PM sharp — we'll start with group photos that reflect the spirit of this weekend, followed by individual headshots.



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SUNDAY | NOVEMBER 9

Reflect & Recharge

Fireside Chat: The Ecology of Leadership — In Depth

5:45 PM-6:45 PM

Settle in for an intimate follow-up discussion with our keynote speaker and environmental leader **Amy Giannotti**, hosted by **Amy Kay**, Founder & President of Women of Aquatics. This relaxed, fireside-style conversation invites questions, deeper reflection, and honest dialogue about leadership, legacy, and lessons from the natural world.

Farewell Dinner: Breaking Bread by the Shore

7:00 PM

We'll close our retreat weekend with one final dinner together. Join us as we toast to the friendships formed, the ideas sparked, and the strength of this remarkable community of women.

MONDAY | NOVEMBER 10

Farewells & Departure

Check-out by 10:00 AM

As our time together comes to a close, take a moment to reflect on the connections, conversations, and growth we've shared. Our hope is that you depart with gratitude, renewed purpose, and the confidence to carry this community's strength into the work ahead. Safe travels until we gather again!

Airport Transportation & Emergency Facility

Please be sure to provide the planning committee with your travel arrangements at info@womenofaquatics.org. This way we can be prepared to arrange your airport pickup/drop off.

Directions to Myrtle Beach International Airport (MYR)

Address: 1100 Jetport Rd, Myrtle Beach, SC 29577

Estimated driving info from the retreat house:

- Approximate distance: ~ 10-13 miles.
- Approximate driving time (under normal conditions): ~16 minutes.

Closest Emergency Facility

Tidelands Waccamaw Community Hospital

Address: 4070 Highway 17 South, Murrells Inlet, SC 29576

Phone: (843) 652-1000

Directions from retreat house:

- The drive should be very short (a few minutes), the hospital is located in Murrells Inlet.
- In an emergency, dial 911 first (for ambulance) and then proceed to the hospital or await emergency services.



Alone we can do so little; together we can do so much.

Hellen Keller

