

22 OCT 2023

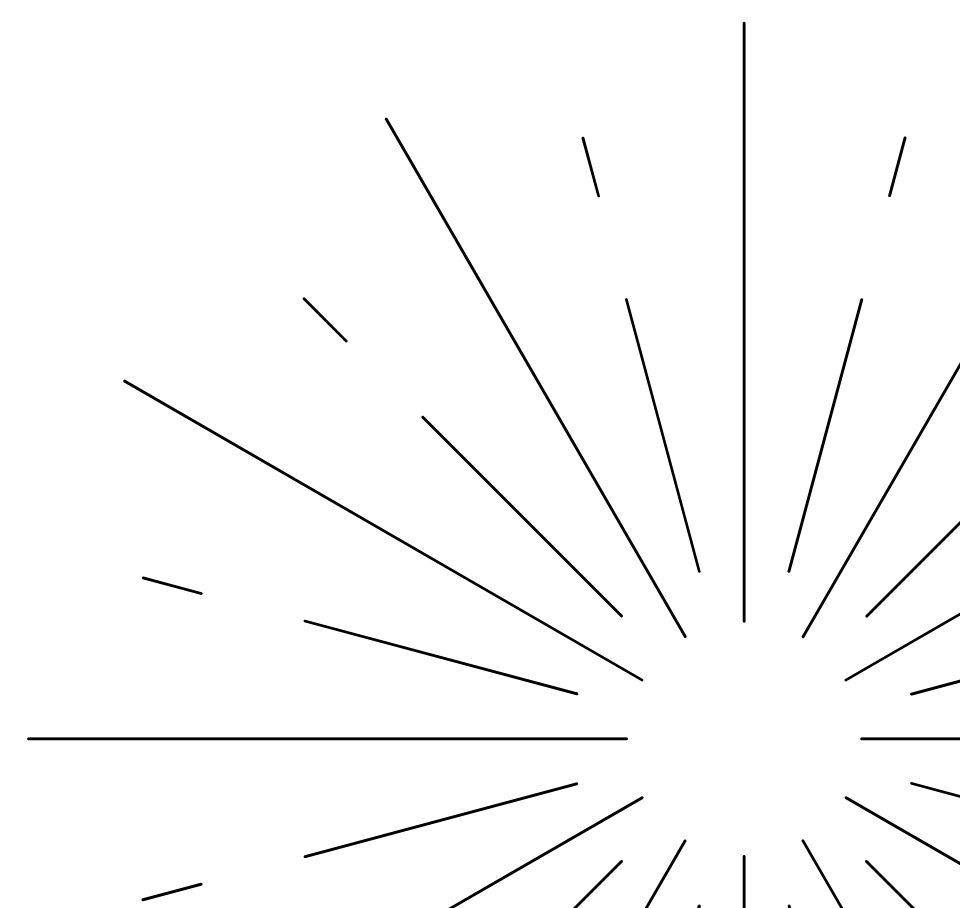
I am. She is. We Are.

Women's Equine Leadership Retreat

Welcome

- 3:00pm Meet & Greet
- 4:00pm Book Review Discussion: Pre-assigned reading
- 5:00pm Creative Activity: Creating Your Story
- 6:00pm Dinner & Cooking Demo: Hosted by a Local Chef
Optional Activity: Wine Tasting

Today's Agenda



I am. She is. We are.

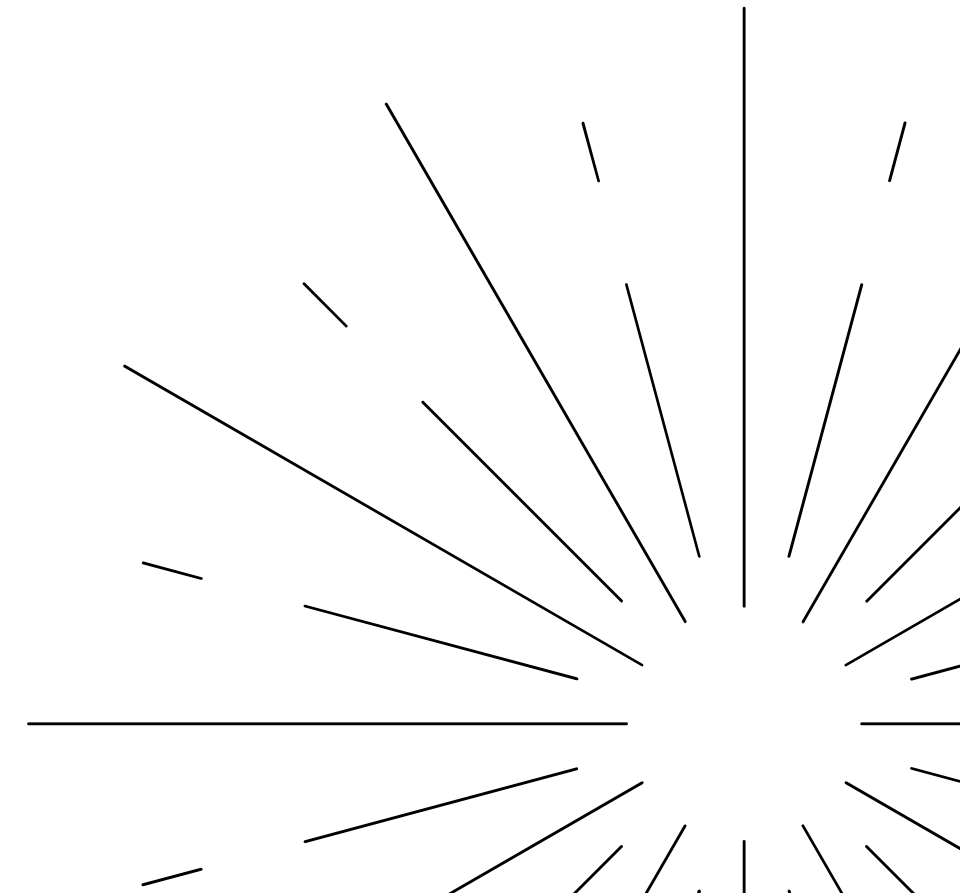
23 OCT 2023

Women's Equine Leadership Retreat

Part 1: Wholeness - I am.

Today's Agenda

- | | |
|---------|---|
| 9:00am | Intention Setting - Mindfulness Meditation |
| 9:30am | Welcome Video & Safety Demonstration |
| 10:00am | Horse Activity #1 - First Impressions |
| 11:00am | Horse Activity #2- Get Acquainted |
| 12:00pm | Lunch |
| 1:00pm | Why It Matters Activity: Your Life is Based on a True Story |
| 2:00pm | Executive Presence Activity : Being Present |
| 3:00pm | Creative Activity: Integrated Leadership & Wholeness |
| 5:00pm | Optional Activity: Massage |
| 6:00pm | Farm-to-Table Dinner provided by a Local Chef |



I am. She is. We are.

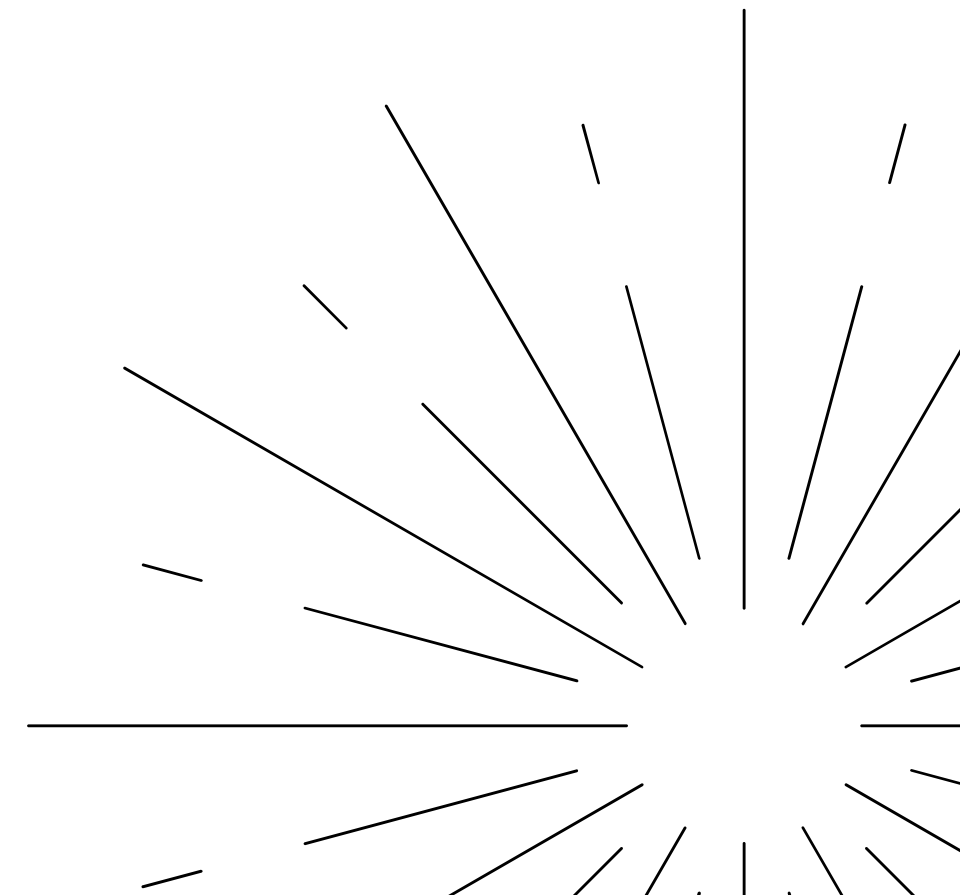
23 OCT 2023

Women's Equine Leadership Retreat

Part 2: Connection - She is.

Today's Agenda

- | | |
|---------|---|
| 9:00am | Intention Setting - Mindfulness meditation |
| 9:30am | Review of Day 1 |
| 10:00am | Cultivating Connection: Admire, Respect, Appreciate, Accept |
| 11:00am | Why It Matters Activity: Why it Matters - The Culture of Your Relationships |
| 12:00pm | Lunch |
| 1:00pm | Horse Activity #3 - Leadership in a Box |
| 2:00pm | Horse Activity Debrief |
| 3:00pm | Executive Presence Activity: Humility |
| 5:00pm | Optional Activity: Bourbon Tasting |
| 6:00pm | Dinner at Local Feed in Georgetown, KY |



25 OCT 2023

I am. She is. We are.

Women's Equine Leadership Retreat

Part 3: Clarity - We are.

Today's Agenda

- 9:00am Yoga and Walking Meditation
- 9:30am Executive Presence & Why It Matters Activity: Clarity - Redefining your Why it Matters
- 10:30am Horse Activity #4 - Walk About
- 11:30am Closing Ceremony & Takeaways
- 12:00pm Farewell

