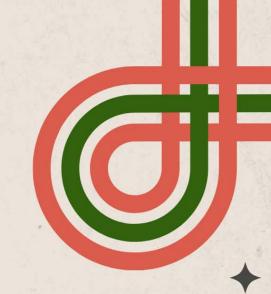


SELF-CARE FOR BLACK WOMEN IN LEADERSHIP

TRAIN THE TRAINERS (TENTATIVE RETREAT OUTLINE)



SUN 8.21

- CHECK-IN, 4PM PT
- GROUNDING RITUAL
- DINNER
- TIME TO REST, CONNECT

MON 8.22

- BREAKFAST
- 2-DAY
 LAUNCH
 CONTENT
 DELIVERY
- LUNCH
- FACILITATION
 PRACTICE
- DINNER
- TIME TO REST, CONNECT

TUES 8.23

- ST BREAKFAST
 - 2-DAY LAUNCH CONTENT DELIVERY
 - LUNCH
 - FACILITATION PRACTICE
 - DINNER
 - TIME TO REST, CONNECT

WED 8.24

- BREAKFAST
- BODY
 CONTENT
 DELIVERY
- LUNCH
- FACILITATION PRACTICE
- DINNER
- TIME TO REST, CONNECT

THURS 8.25

- BREAKFAST
- MIND
 CONTENT
 DELIVERY
- LUNCH
- FACILITATION PRACTICE
- DINNER
- TIME TO REST
 CONNECT



BREAKFAST

DELIVERY

- IND SPIRIT
 ONTENT CONTENT
 - LUNCH
 - CLOSING RITUAL





CompassPoint



