



# SELF-CARE FOR BLACK WOMEN IN LEADERSHIP

## TRAIN THE TRAINERS (TENTATIVE RETREAT OUTLINE)

SUN 8.21	MON 8.22	TUES 8.23	WED 8.24	THURS 8.25	FRI 8.26
<ul style="list-style-type: none"><li>• CHECK-IN, 4PM PT</li><li>• GROUNDING RITUAL</li><li>• DINNER</li><li>• TIME TO REST, CONNECT</li></ul>	<ul style="list-style-type: none"><li>• BREAKFAST</li><li>• <b>2-DAY LAUNCH CONTENT</b> DELIVERY</li><li>• LUNCH</li><li>• FACILITATION PRACTICE</li><li>• DINNER</li><li>• TIME TO REST, CONNECT</li></ul>	<ul style="list-style-type: none"><li>• BREAKFAST</li><li>• <b>2-DAY LAUNCH CONTENT</b> DELIVERY</li><li>• LUNCH</li><li>• FACILITATION PRACTICE</li><li>• DINNER</li><li>• TIME TO REST, CONNECT</li></ul>	<ul style="list-style-type: none"><li>• BREAKFAST</li><li>• <b>BODY</b> CONTENT DELIVERY</li><li>• LUNCH</li><li>• FACILITATION PRACTICE</li><li>• DINNER</li><li>• TIME TO REST, CONNECT</li></ul>	<ul style="list-style-type: none"><li>• BREAKFAST</li><li>• <b>MIND</b> CONTENT DELIVERY</li><li>• LUNCH</li><li>• FACILITATION PRACTICE</li><li>• DINNER</li><li>• TIME TO REST, CONNECT</li></ul>	<ul style="list-style-type: none"><li>• BREAKFAST</li><li>• <b>SPIRIT</b> CONTENT DELIVERY</li><li>• LUNCH</li><li>• CLOSING RITUAL</li></ul>