

# 1/1 COACHING SELF REFLECTION, PLANNING, AND STRATEGY TIME



## INDIVIDUAL PLANNING

Setting Intentions, Creating Goals and Defining Expectations  
Action Plan Management and Resource Management

## WELLNESS RENEWAL

Self-Care  
Personal Growth, Energy, and Resilience

## PRE AND POST-VIRTUAL SESSIONS

1-hour virtual session prior to the retreat and a 1-hour virtual session 30 days after

## BENEFITS

1/1 intensive strategy sessions resulting in a comprehensive personal and professional development plan

## WHO SHOULD ATTEND

High potential corporate females needing to reset or design a personal and/or professional plan

## ARRIVAL

- Friday Afternoon – 1pm

## DEPARTURE

- Sunday Afternoon – 1pm

## PRICING

\$4,500 per participant

\$2,700 per participant for groups/teams of 3-6 people

*Rate includes a 1-hour virtual session prior to the retreat, a 1-hour virtual session 30 days after the retreat, course materials for individual planning and wellness renewal, accommodations, and food Friday afternoon (1pm) - Sunday afternoon (1pm)*

*Airfare and ground transportation - not included*

