

THE ROOTS TO RISE RETREAT

THURSDAY

4 pm Arrivals begin

5 pm **RETREAT WELCOME**
*EMBRACE... what's to come
with courage and step into it.*

6 pm **DINNER**

8 pm **FIRESIDE STORY
GATHERING**

FRIDAY

7 am **INTENTION SETTING**
with Meagan (Optional)

8 am **BREAKFAST**

9 am **GROUP SESSION**
with Jan & Erin
*EXPLORE... yourself, your
purpose & your
opportunities with confidence.*

12 pm **LUNCH**

1 pm **EXPERIENTIAL OUTDOOR
GROUP SESSION** - Lessons
In Leadership with Carola
Sossdorf and Hannah
Ayearst
*EXPERIENCE... things
outside your comfort zone &
gain competence*

4 pm **GROUP DEBRIEF**

5 pm **FREE TIME**

6 pm **DINNER**

SATURDAY

7 am **INTENTION SETTING**
with Meagan (Optional)

8 am **BREAKFAST**

9 am **LARGE AND SMALL GROUP
SESSION** with Jan & Erin
*EQUIP... yourself with your
ideas, creativity, and a vision*

12 pm **LUNCH**

1 pm **GROUP SESSION** with
Meagan Saum
*EMPOWER... yourself with
support, connection and
community*

3:15 pm **FREE TIME**

6 pm **DINNER**

7:30 pm **FIRESIDE STORY** with
Special Guest Lee McLean

SUNDAY

7 am **INTENTION SETTING**
with Meagan (Optional)

8 am **BREAKFAST**

9 am **CLOSING**
*EMBARK...on your journey
and communicate your story
& your plan*

11 AM **BAGGED LUNCH TO GO!**

Schedule is subject to changes.

SCHEDULE