

2018 Women's CEO Leadership Retreat: Developing Leaders Through Spiritual, Intellectual and Emotional Mentorship

Thursday, June 21st

7:00 am – 8:00 am....	Exercise in the Gym (optional)
8:00 am – 9:00 am....	<i>Breakfast at the Mountain View Restaurant</i>
9:00 am – 9:30 am....	Welcome & Introductions <i>in the Cheyenne 1 Conference Room</i> : Josie Ramirez-Herndon and Johanna Salter
9:30 am – 11:15 am....	Ice Breaker Activity: Jeffery Cuno
11:15 am – 11:30 am....	<i>Break</i>
11:30 am – 12:30 pm....	Annual Report: Rebecca Flood, President of WCEOGA – Where we've been, thoughts for the future, the road map to possibly get there
12:30 pm – 1:30 pm....	<i>Lunch at the Mountain View Restaurant</i>
1:30 pm – 3:30 pm....	Roundtable: Member Presenters Option 1: Empowerment – Creating the Life You Want for Yourself – Marcie Chambers, Ph.D. Option 2: Servant Leadership – Deborah Thomas, M.Ed., LPC, CADC Option 3: Mentoring Moments – Nannette Zumwalt, ICADC II-CS, ICCJP, CIP, CAI, BRI II
3:30 pm – 3:45 pm....	<i>Break</i>
3:45 pm – 5:00 pm....	Mentor Matching: Josie Ramirez-Herndon and Johanna Salter
5:00 pm – 6:00 pm....	<i>Break</i>
6:00 pm – 7:30 pm....	<i>Dinner at the Pine View Restaurant</i>
8:00 pm – 9:00 pm....	Book Club & Dessert discussing <i>Who Moved My Cheese</i> by Spencer Johnson, MD (optional)

Friday, June 22nd

7:00 am – 8:00 am....	Exercise in the Gym (optional)
8:00 am – 9:00 am....	<i>Breakfast at the Mountain View Restaurant</i>
9:00 am – 9:30 am....	Intention Meditation: Josie Ramirez-Herndon and Johanna Salter
9:30 am – 10:30 am....	Speaker: Judith Landau, MD, DPM, LMFT, CFLE, CIP, CAI – Uncovering our Intergenerational Trauma Stories to Explore our Resilience
10:30 am – 10:45 am....	<i>Break</i>
10:45 am – 12:30 pm....	Shinrin-Yoku Meditation Hike: Faith Wait, M.Ed.
12:30 pm – 1:30 pm....	<i>Lunch at the Mountain View Restaurant</i>
1:30 pm – 3:30 pm....	Small Groups with Judith Landau, MD, DPM, LMFT, CFLE, CIP, CAI
3:30 pm – 4:00 pm....	Mentoring Matching Check In: Josie Ramirez-Herndon and Johanna Salter
4:00 pm – 6:00 pm....	Self-Care or Networking Time (spa appointment optional)
6:00 pm – 7:30 pm....	<i>Dinner on Your Own</i>
8:00 pm – 9:00 pm....	11 th Step Prayer Meeting & Dessert (open and optional)

Saturday, June 23rd

7:00 am – 8:00 am....	Exercise in the Gym (optional)
8:00 am – 9:00 am....	<i>Breakfast on Your Own</i>
9:00 am – 9:30 am....	Intention Meditation: Josie Ramirez-Herndon and Johanna Salter
9:30 am – 10:45 am....	Speaker: Helena Reilly, M.A., PhDc – Setting Your Intention: 3 Keys to Unlock Your Rejuvenation Power & Find Freedom
10:45 am – 11:00 am....	<i>Break</i>
11:00 am – 12:00 pm....	Speaker: Josie Ramirez-Herndon, BS, Reiki Master – Mastering Intuition

Schedule may be subject to change