

retreat schedule

It is Well...Finding Calm in the Chaos

Time	Event	Details
8 AM – 9 AM	Wake and Eat Breakfast	Slower start to day, allowing a little sleep in or early morning alone time
9 AM – 10 AM	Opening/Intros	Coaching Session/Group Interaction
10 AM – 10:30 PM	Break	Take a little breather, get a snack, refresh
10:30 AM – 11:30 AM	Session 1	Coaching Session/Group Interaction
11:30 AM – 12 PM	Lunch	Eat lunch (inside or out)
12 PM – 1 PM	Break	Take time you need to rest, refresh, or if preferred connect with others
1 PM – 2 PM	Session 2	Coaching Session/Group Interaction
2 PM – 2:30 PM	Break	Take a little breather, get a snack, refresh
2:30 PM – 3:30 PM	Session 3	Group Coaching/Group Interaction
3:30 PM-6:00 PM	Group Outing	Group outing or activity together
6:00 PM- 7:00 PM	Dinner	Eating at retreat location except for one dinner out
7 PM – 9 PM	Free Time	Take time to rest and relax or do a provided activity that is optional
9 PM	Quiet Time/Bedtime	Those who need rest, feel free to check out and those who need to connect do that
10:00 PM –Morning	Quiet hours	Allow everyone to get the rest they need

