



Cost
\$465

VISION RETREAT

Three-Day Retreat
At KC Cottage
November 18-20, 2020

Move from vision to action. Join us for a 3-day retreat. It will be a collaborative, peer to peer transformational journey.



Toni Brucato-Kobet, Psy.D



Angela R. Garmon



Visit: www.argccgroup.com/events for more information.



VISION RETREAT AGENDA

Wednesday, November 18

8:00 - 8:15 am

Main Cottage
Continental breakfast
Meet and greet

8:15 - 9:30 am

Welcome and Aligning

9:30 - 9:45

Transition break

9:45 - 12:00

Gazebo
Create Your Vision Workshop

12:00 - 1:00 pm

Lunch Provided

1:00 - 1:30

Gallery Walk - Share your vision

1:30 - 2:00 pm

Journaling - Reflection and
preparation exercise

2:00 - 2:15 pm

Meditation walk

2:15 - 4:00 pm

Main Cottage
Vision to Action Kick Off
Strategy Session

Thursday, November 19

8:00 - 8:15 am

Main Cottage
Continental breakfast
Ice Breaker

8:15 - 9:30 am

Mindfulness: Pranayama
Aligning Your Vision With
Purpose Session

9:30 - 9:45

Transition break

9:45 - 10:15

Gazebo
Yoga

10:15 - 12:00

Main Cottage
Redefining the Barriers Session

12:00 - 1:00 pm

Lunch Provided

1:00 - 2:30

Grow Your Influence Growth
Strategy Session

2:30 - 4:00 pm

Stress Profile Workshop

Friday, November 20

8:00 - 8:15

Main Cottage
Continental Breakfast

8:15 - 8:45

Mindfulness: Pranayama

8:45 - 11:15

Moving Your Vision
to Action 2021 and
beyond

11:15 - 11:45

Gazebo
Visualization Yoga Nidra

11:45 - 12:00

Wrap Up