



## NEPT Practitioner Retreat 2016: Confidence, Capability, and Compassion

May 24<sup>th</sup> – May 26<sup>th</sup>

(**\*\*\*All times are approximate\*\*\***)

### Tuesday, May 24th, 2016

7:00 am	<b>Yoga on the beach; swim; breakfast on your own (bars and elixirs in room)</b>
8:30 am	Registration
9:00 am	Opening circle, introductions, clarity exercise, morning content
12:30 pm	<b>Lunch and outdoor time break – salad bar provided</b>
1:30 pm	Afternoon session: spotlight coaching
4:30 pm	<b>Self-care and dinner break</b>
7:00 pm	Breakthrough activities w/Jan & Lynn <u>Jan</u> : Coach Yourself to Success Workshop <u>Lynn</u> : Trusting Your Intuition <u>Jane</u> : Releasing Energy After Client Sessions

### Wednesday, May 25th, 2016

7:00 am	<b>Yoga on the beach; swim; breakfast on your own (bars and elixirs in room)</b>
9:00 am	Morning content, spotlight coaching
12:00 pm	<b>Lunch and outdoor time break – salad bar provided</b>
1:30 pm	Spotlight coaching
4:00 pm	Visibility with Social Platforms: Periscope Facebook Live and More – Cassandra Self-care and fun break before dinner
6:30 pm	<b>Gather for group outing to Cider Press Café and exploring the sights in downtown St. Pete (reservation for 7:00 pm)</b>

### Thursday, May 25th, 2016

7:00 am	<b>Yoga on the beach; swim; breakfast on your own (bars and elixirs in room)</b>
9:00 am	Spotlight coaching
12:00 pm	<b>Lunch and outdoor time break – salad bar provided</b>
1:30 pm	Complete spotlight coaching, afternoon content
5:00 – 6:00	Closing circle
7:00 pm	<b>Optional: Gather for dinner, connection, and final farewells</b>