



## **WHAT'S INCLUDED?**

**Our retreats include 3 basic elements:** a pre-program consultation, the retreat, and a post-program follow-up call/meeting. We also offer extended retreat options for your group to continue the process of transformation and growth even after the retreat has ended.

### **Pre-Retreat Consultation**

Our team will create the perfect custom retreat experience for your group. We work with you to identify themes and desired outcomes; select learning components and fun activities; decide upon length, meals and budget.

### **Retreat**

During the retreat, our Venue Coordinator will act as a 'master of ceremonies' and will be onsite to ensure that everything goes smoothly. Our professionally vetted facilitators will support your team on its journey, whether it be leading a communications workshop or scavenger hunt. Facilitated group conversations, personal reflection time, and powerful working sessions will be integrated to help your team incorporate the insights and learnings into specific action plans.

### **Post-Program Follow-Up**

A few weeks after the retreat, our Venue Coordinator and/or facilitator will lead a group call with your team to maintain team momentum and sustain the team's commitment to bringing the learning back to their work. Reviewing the learning distinctions and sharing early wins, reconnects and solidifies accountabilities to action plans and helps accelerate the integration of the learning into the workplace.

### **Extended Program Options (additional fee)**

We can continue to work with your team as they implement the action plans and overcome the obstacles, stumbling blocks, and challenges that will inevitably come up. We offer virtual extended engagement opportunities for you to work with our team of executive coaches, experts, and facilitators.

### **Specifically:**

- Customizable Retreat Design

- Our facilitators have decades of experience as executive coaches, leaders of Fortune 500 companies as well as entrepreneurs and educators

- Agreed-Upon Activities

- Lodging (single room accommodations for groups of 8/double room for groups of 16)

- Food, Beverage and Snacks (excludes alcohol)

- On Site Venue Coordinator from beginning to end

- Swag-Bag filled with local Nashville goodies

- Happy Hour at the Saloon with live entertainment and moon shine tasting

- Interact with horses, mini horses, donkeys, friendly border collies that love to play fetch, cats and even rabbits!

### **Optional Add-ons:**

- Music City Tour – day trip planned to visit downtown Nashville's famous "Honky Tonk Highway"

- Ground transportation from the airport arranged by Twin Oaks Guest Ranch

- Photographer to capture special team moments or new head shots