

women. courage. leadership.™
T H E R E T R E A T
LOGISTICS

RETREAT DATES

AND TIMES: Friday, October 10, 2008 - 5:00 pm – 10:00 pm
Saturday, October 11, 2008 9:00 am – 6:00 pm
Sunday, October 12, 2008 9:00 am – 5:00 pm

These start times are **strictly** adhered to—the doors will close promptly at the above times. **Late arrivals will not be permitted** unless there are extremely extenuating circumstances, and then only in the event that I have had a conversation with the participant prior to the day the event begins.

Please arrive at least 30 minutes in advance. The doors will open approximately one hour prior to the beginning of each session for breakfast and 'getting to know you' time—an important component to the Retreat. You are encouraged to arrive a minimum of 30 minutes in advance in order to have 'transition time'—you'll be happy you did.

LOCATION: Bell Harbor International Conference Center
2211 Alaskan Way
Seattle, WA 98121

MATERIALS: A **women. courage. leadership.™** handbook will be provided. In addition, please bring a dedicated personal journal or notebook with you.

DRESS: Casual- for comfort.

MEALS: All meals, beverages and snacks will be provided. You are welcome to bring any food or beverage of your choice, excluding alcohol.

EVENINGS: It is strongly urged that you leave your evenings free for reflecting, assignments, joining other participants for dinner and rejuvenation.

PDA'S/ CELL PHONES: This is *your* time for self-exploration, discovery and growth. If you are distracted by the outside world's agenda, you will not get *your* work done. Period. The impulse to respond to the needs of others before taking care of your own needs creates conflict for most women—it is one of the reasons you decided to invest this time in yourself, to begin with. Therefore, any device with an on/off switch will not be permitted in the retreat space. There will be time allotted throughout the day to deal with emergencies and urgent deadlines, etc. (see attached agenda).

Signature: _____ Date: _____