

Unwind & Thrive: Empowering Women Well-Being Retreat
Women's Health Leadership TRUST
Thursday, November 7 and Friday, November 8, 2024
Location: Confluence Hotel, Downtown Hastings, MN

SCHEDULE

Day Two: Friday, November 8, 2024

6:30 AM – 7:00 AM

Morning Movement

Instructor: Bri Clarin, Personal Trainer

All Attendees

Description: Start your day with an energizing HIIT workout led by personal trainer Bri Clarin. This session features high-intensity interval training exercises accessible to everyone, regardless of fitness level. Join us for a dynamic workout that will boost your energy and set a positive tone for the day.

Location: Landing

8:00 AM – 8:45 AM

Breakfast

All Attendees

Description: Join us for a hearty and wholesome breakfast. This is a great opportunity to fuel up, mingle with fellow attendees, and prepare for the day's activities in a relaxed and inviting atmosphere.

Location: Ballroom

8:45 AM – 9:00 AM

Kick-off: Welcome & Overview of Day

Hosts: Well-Being Retreat Chairs Bri Clarin and Ann Duginske Cibulka

All Attendees

Description: Start the second day of the retreat with an invigorating welcome message. Our hosts will provide an overview of the day's events, setting a positive and motivating tone for the sessions ahead. This kickoff is your opportunity to get energized and prepared for another enriching day of activities designed to enhance your well-being.

Location: Ballroom

9:00 AM – 10:00 AM

Speaker Session: Trauma, Triggers, and Transition

Speaker: Karen Kodzik

All Attendees

Description: Explore how to recognize work-related trauma and its various manifestations, such as quiet quitting, overcompensating, dread, or dysfunctional behaviors. Discuss how increased awareness can help professionals understand their own patterns, reactions, and triggers, paving the way for a fresh start in a new role. Karen's book, *Now What? The Various Career Crossroads in Our Lives*, offers additional insights into navigating career pivots.

Location: Ballroom

10:00 AM – 10:15 AM

Networking & Hotel Check-Out

All Attendees

Description: Take a moment to connect with fellow attendees during our networking break while also utilizing this time for hotel check-out. Enjoy casual conversations, exchange insights, and build connections as you wrap up your stay.

Location: Ballroom

10:15 AM – 11:15 AM

Speaker Session: Whole Person Wellness

Speaker: Dr. Asma Siddiqi

All Attendees

Description: Dr. Asma Siddiqi will lead a session focused on an integrative approach to health care, recognizing the interconnectedness of mind, body, spirit, and community. This session emphasizes holistic self-care principles to address burnout and enhance overall well-being.

Location: Ballroom

11:15 AM – 11:30 AM

Event Closing

Hosts: Well-Being Retreat Chairs Bri Clarin and Ann Duginske Cibulka

All Attendees

Description: As we conclude Unwind & Thrive: Empowering Women Well-Being Retreat from the Women's Health Leadership TRUST, join us for a heartfelt closing and thank you message. We'll reflect on the transformative experiences of the retreat, express our gratitude to all participants, and celebrate the connections and growth achieved over these inspiring days.

Location: Ballroom