

**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**

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**Day One: Thursday, November 7, 2024**

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**8:00 AM - 8:45 AM**

**Registration & Networking with Breakfast**

*All Attendees*

**Description:** Start the conference with smooth check-in and registration, followed by a delightful breakfast. This is your opportunity to get settled, meet fellow attendees, and enjoy a nourishing meal.

**Location:** Ballroom

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**8:45 AM - 9:00 AM**

**Kickoff: Welcome & Overview of the Day**

*Speakers: Bri Clarin and Ann Duginske Cibulka, Well-Being Retreat Chairs*

*All Attendees*

**Description:** Join the kickoff and welcome message from Women's Health Leadership TRUST leaders and the co-chairs. They will set the stage for the retreat, offering an inspiring introduction to our 1.5-day journey designed to rejuvenate and empower women.

**Location:** Ballroom

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**9:00 AM - 10:00 AM**

**Speaker Session: Transform Change into Success: Building Belief as a Leader**

*Speaker: Heather Hansen*

*All Attendees*

**Description:** Explore how effective leadership builds belief in ideas and teams. Learn to transform skepticism into support and hesitation into action, with practical tools to instill unwavering belief in your vision.

**Speaker Overview:** Heather Hansen, keynote speaker and best-selling author of *The Elegant*

*Warrior*, combines her legal and psychological expertise to empower leaders. She has spoken at major institutions like Harvard and Google and is featured on numerous media platforms.

**Location:** Ballroom

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### **10:00 AM - 10:30 AM**

#### **Networking Break**

*All Attendees*

**Description:** Take advantage of our Networking Break to connect with industry peers, share ideas, and explore opportunities. Enjoy refreshments while expanding your professional network and engaging in meaningful conversations.

**Location:** Ballroom

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### **10:30 AM - 11:30 AM**

#### **Breakout Sessions:**

*All Attendees*

- 1. Intuitive Art Session: Get in Touch with Your Playful Self**

*Facilitator: Yuliya Kartoshkina*

**Description:** Engage in a creative journey with abstract painting. Begin with meditation to connect with your intuitive self and explore brush techniques to create a unique abstract piece.

*Speaker Overview:* Yuliya Kartoshkina, an intuitive abstract artist with a PhD in education and a background in neuroscience, combines art with mindfulness and joy.

- 2. Women's Self-Defense Class: Protection with HEART (HER Empowered Awareness and Response Training)**

*Facilitator: Corrie Ellefson*

**Description:** Learn essential self-defense techniques with a focus on mindset, best practices, and environmental awareness to ensure safety.

*Speaker Overview:* Corrie Ellefson: TBD

**Location:** Ballroom & Landing

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### **11:30 AM - 12:30 PM**

#### **Breakout Sessions:**

*All Attendees*

- 1. Intuitive Art Session: Get in Touch with Your Playful Self**

*Facilitator: Yuliya Kartoshkina*

**Description:** Continue your creative exploration in this abstract painting workshop.

2. **Women's Self-Defense Class: Protection with HEART (HER Empowered Awareness and Response Training)**

*Facilitator: Corrie Ellefson*

**Description:** Deepen your self-defense skills with additional techniques and strategies.

**Location:** Ballroom & Landing

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**12:30 PM - 1:30 PM**

**Lunch**

*All Attendees*

**Description:** Enjoy a delicious lunch while connecting with other attendees. This is a chance to relax, refuel, and engage in informal conversations.

**Location:** Ballroom & Landing

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**1:30 PM - 2:30 PM**

**Speaker Session: Shattering Your Money Ceiling**

*Speakers: Katie Jacobson & Brittany Heyboer*

*All Attendees*

**Description:** Transform your relationship with wealth and money by unlocking both conscious and subconscious beliefs. This interactive workshop will help you release limiting beliefs and empower yourself with the mindset, skills, and tools needed to reclaim control of your financial well-being and achieve a fulfilling, rich life.

**Location: Ballroom**

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**2:30 PM - 3:30 PM**

**Networking & Snack Break featuring Code Lavender Wellness Partners; Hotel Check-In**

*All Attendees*

**Description:** Connect fellow attendees and check into your hotel room. Enjoy complimentary well-being services from our Code Lavender team in the vendor area, including short hand massages and relaxation techniques. Code Lavender Wellness partners will be available from 2:30 pm to 5:30 pm for guests to enjoy.

**Location: Ballroom**

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**3:30 PM - 4:30 PM**

**Group Activity: Service Event - Hastings Family Services**

*All Attendees*

**Description:** Participate in a meaningful volunteer activity with Hastings Family Services. Contribute your time and skills to support a worthy cause and connect with fellow attendees.

**Location: Ballroom**

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**4:30 PM - 6:30 PM**

**Happy Hour & Networking**

*All Attendees*

**Description:** Unwind with a lively happy hour, featuring drinks and light bites. This is a perfect opportunity to socialize and network in a relaxed atmosphere.

**Location:** Lobby

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**6:30 PM - 7:30 PM**

**Dinner**

*All Attendees*

**Description:** Savor a delightful dinner, relaxing and connecting with others in a warm and inviting setting.

**Location:** Riverview Room

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**7:45 PM - 8:45 PM**

**Candlelight Yoga**

*Instructor: Irina Williams*

**Description:** Experience a calming candlelight yoga session, accessible to all levels. This gentle practice offers a soothing and restorative experience in a tranquil, candlelit setting.

**Location:** Landing