



One Day On Target Living Ambassador Training (Capacity: 40 People)

1 Day: \$197.00/person

I DAY AMBASSADOR TRAINING AGENDA

Day 1 (8am-5pm)

- *Target To Table Themed Breakfast*
- *Vision, Goal Setting, & Review Training Agenda*
- *On Target Living Philosophy & Principles*
- *Human Capacity Training*
- *The 3 Pillars to Success*
- *Morning Movement*
- *Target To Table Themed Lunch*
- *Building Your Business for Success (Hoshin Model, Customer Service, Product Development, - Writing, Publishing, Speaking, Website, Marketing)*
- *Decoding Your Health*
- *Know Your Numbers Workshop*
- *Mineral Water Cocktail & Superfoods Break*
- *Restorative Movement & Mindfulness Training*
- *Future Plan & Next Steps*
- *Q & A, Wrap-Up*



On Target Living AMBASSADOR TRAINING (10-30 People)
3½ Days: \$2,197/person

3.5 DAY AMBASSADORS TRAINING RETREAT AGENDA

Day 1 (5pm- 8pm)

- Arrive & Greeted with Mineral Water Cocktail
- Target To Table Themed Dinner
- Vision, Goal Setting, & Review Retreat Agenda
- Restorative Movement: How to Quiet the Mind & Relax the Body
- Planned Sleep

Day 2 (7:00am-8:00pm)

- Morning Movement
- Breakfast & Superfoods
- Behavior Change Principles, Beliefs & What Is Possible?
- On Target Living Philosophy & Principles
- Human Capacity Training
- The 3 Pillars to Success
- Target To Table Themed Lunch
- White Space & Herbal Tea Break (Planned Recovery Time)
- Target To Table Themed Dinner
- Restorative Movement & Sleep Training
- Planned Sleep

Day 3 (7:00am-8:00pm)

- Morning Movement
- Breakfast & Superfoods
- Decoding Your Health
- Know Your Numbers Workshop
- Target To Table Themed Lunch
- White Space & Herbal Tea Break (Planned Recovery Time)
- Building Your Business for Success (Hoshin Model, Customer Service, Product Development, Writing, Publishing, Speaking, Website, Marketing)

Day 4 (7:00am-2:00pm)

- Morning Movement
- Breakfast & Superfoods
- Building Your Business Continued
- Target To Table Themed Lunch
- Future Plan & Next Steps
- Q & A, Wrap-Up
- Snacks for The Road & Depart Home