



1 DAY (CORPORATE / TEAM) RETREAT AGENDA

Day 1 (7am- 7pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Behavior Change Principles, Beliefs & What Is Possible?*
- *Making Health a Business Strategy*
- *Target To Table Themed Lunch*
- *Human Capacity Training*
- *The 3 Pillars to Peak Performance*
- *The Stress Response*
- *White Space & Herbal Tea Break (or Open Space)*
- *Target To Table Themed Dinner*

2.5 DAY (CORPORATE / TEAM) 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?
- Making Health a Business Strategy
- Human Capacity Training
- The 3 Pillars to Peak Performance
- Target To Table Themed Lunch
- The Stress Response
- White Space & Herbal Tea Break (or Open Space)
- Target To Table Themed Dinner
- Restorative Movement & Sleep Training
- Planned Sleep

Day 3 (7:00am-1:00pm)

- Morning Movement
- Breakfast & Superfoods
- Decoding Your Health
- Stress Strategies
- Know Your Numbers Workshop
- Target To Table Themed Lunch
- White Space & Herbal Tea Break (or Open Space)
- Future Plan & Next Steps
- Q & A, Wrap-Up
- Snacks for The Road & Depart Home