

Retreat Leaders

- **Kristeen Barth** is a Leadership and Career coach who supports her clients to create a healthier relationship with work. Together they identify limiting beliefs and inner saboteurs that can block forward progress and then build the mindset to achieve sustained success and happiness.

<https://www.kristeenbarth.com/aboutme>

- **Joanie Connell** is an author, organizational consultant, and leadership coach who specializes in maximizing leadership potential. She works with companies to attract, develop, and retain top talent, and with individuals to attain successful careers.

<https://flexibleworksolutions.com/about/>

Included

- ✓ Supportive community of high-performing women
- ✓ Sense of belonging and common understanding
- ✓ Disconnection and renewal
- ✓ New vocabulary and tools to live in a more positive mindset
- ✓ A set of effective work habits to sustain a higher level of performance

Who Should Attend:

High impact women at your organization who are looking for other women to build relationships with and who would value time away from work to decompress and focus on growth and development.



Research shows women tend to feel more isolated and alone and less connected and supported at work than men do. They also tend to be less supported through mentors and sponsors. They often say they are not good at networking and developing strategic relationships at work, but it is more often because they tend not to put in the time due to increased levels of responsibilities at home. This has been exacerbated by the pandemic.

Email:

kristeen@kristeenbarth.com
jconnell@flexibleworksolutions.com

Book your retreat today!



Kristeen



Joanie

HIGH-IMPACT WOMEN'S RETREAT

Bring More Women Into Your Leadership Pipeline and Retain Your Highest Performers!

Now more than ever...

... women are seeking ways to connect and be a part of supportive communities. This one-day women's retreat brings women together to talk about their challenges, support each other, and learn how to reduce stress, anxiety, frustration, and unhappiness to achieve greater happiness and success in their lives. The retreat focuses on building mental fitness. PQ (Positive Intelligence Quotient) is the measure of a person's mental fitness. It's the best predictor of how happy a person is and how well they perform relative to their potential. PQ is a synthesis of recent breakthroughs in neuroscience, cognitive and positive psychology, and performance science.

Our Solution

Techniques to boost mental fitness can be taught relatively quickly. Women who attend this retreat will learn how to weaken their internal negative voices (saboteurs) that generate all their "negativity" in the way they respond to challenges. They will learn ways to instantly calm their saboteurs so they can focus on managing conflict, building relationships, achieving results, and being happier and more effective in general.

Cost: \$9,995
for up to 10
participants, plus venue and
food.

Contact us today and secure
your prime program date!

The program

- One day program
- Intimate setting for a group of 10 women from your organization
- Welcome breakfast, connecting, and sharing of personal journeys
- Self-assessment to identify negative thought patterns that hinder performance
- Introduction to science-based mindfulness practices to calm the negative and generate positive responses
- Nourishing lunch and conversation
- Afternoon activity designed for your group
- Creative exploration of the positive mindset
- Goal setting and commitment ceremony
- Social hour with drinks and small plates