

THE GREAT JUMPSTART RETREAT AGENDA DAY # 1

Date

October 3-4, 2026

Location

Niagara-on-the-Lake
Airbnb details given on
registration

Saturday October 3, 2026

Breakfast and Social 8-9 am

- meet participants and enjoy catered breakfast

Day #1

Morning Workshop (9 am to 12 pm)

- Review Time Audit
- Core Values Exercise
- Weekly Time Goal Setting + Big Goal
- Reality vs. Ideal vs. Dream Week

Lunch (12-1 pm) – provided

Day #1

Afternoon Workshop (1-3 pm)

- Identify the blocks for the “Easy-No”-- the 3 Whys
- How to Optimize Systems for the Easy-No
- Ask and Give--a Game of Shared Wisdom
- The Sneaky Stories that Get in the Way of Making Brave Boundaries

“Coaching Walk and Talks” (4-6 pm)

- Join me for a walk into town and ask me anything coaching related!

Evening is Free

THE GREAT JUMPSTART RETREAT AGENDA DAY # 2

Date

October 3-4, 2026

Location

Niagara-on-the-Lake
Airbnb details given on
registration

Sunday October 4, 2026

Breakfast and Social 8-9 am

- socialize and enjoy catered breakfast

Day #2

Morning Workshop (9 am to 12 pm)

- The “Difficult-No”--identify what is holding you back from what you know is right
- Shame vs. Guilt – The Shame Resilience Model--practical steps and communication strategies without anger or resentment

Lunch (12-1 pm) – provided

Day #2

Afternoon Workshop (1-4 pm)

- The 5 Tricky Mindset Traps Keeping You From Your Great Life
- Brain Drain, Easy-No, Difficult-No--creating your unique plan and tying it all together
- “If this, then that” – a Game of Accountability

Evening is Free