

Vision to Reality

A FRAMEWORK FOR TRANSFORMATIVE RETREATS

Welcome.

Please settle in. We'll begin momentarily.



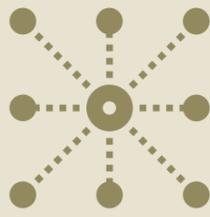
**TRUENATURE
TRAVELS**

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A FRAMEWORK FOR TRANSFORMATIVE RETREATS



GROUNDING



CORE STAGES



REFLECTION
PRACTICE



DISCUSSION

GROUNDING PRACTICE



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LEARNING OBJECTIVES

By the end of this session, you will be able to:

- **Identify** the core stages of designing and leading a retreat, from visioning to integration.
- **Integrate** retreat elements—including theme, location, marketing, and itinerary—with your overall intention.
- **Create** a personal roadmap that supports both the logistics and the transformational flow of a successful retreat.

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Visioning Your Retreat

- Clarify Your “Why”
- The Seed Stage: Dream Without Limits
- Define Your Purpose & Theme
- Timing with Intention
- The Heart and your Values as your Foundation

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Choosing the Right Location

- Location as the Container
- Choosing the Region
- Environment & Climate
- Cultural Context
- Accessibility
- Energetics of the Venue
- Size & Scale
- Food as a Pillar



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Marketing Your Retreat

- Marketing with Heart and Strategy
- Core Marketing Principals:
 - Process of Inquiry
 - Start Early
 - Launch Strategy - Start with a Bang!
 - Be Consistent
 - Make it Personal
 - Tell the Story
 - Leverage Multiple Channels
- The Marketing Timeline
- Authentic Engagement through Personal Outreach



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Managing Registrations & Logistics

- The Essentials of Registration & Detail Management
- Use a Centralized Tracking System
- Payments & Financial Tracking
- Communication & Reminders
- Collecting Participant Information
- Policies & Boundaries
- Practical Tips for Smooth Registration Management



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Designing Your Itinerary

- The Arc of Retreat
 - Arrival & Transition
 - Honeymoon Phase
 - Middle Arc
 - Closing Arc
- Designing for the Arc
- Key Components to Include
- Presenting Your Itinerary
- Being of Service on Retreat

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Preparing to Lead

- Ground yourself as a leader
- Slow Down
- Step-up your personal practice
- Seek Support
- Pre-Retreat Communication



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Leading with Presence

- Presence, Adaptability, and the Art of Holding the Container
- The Tao of Leadership
 - Principals to Carry:
 - Lead from presence
 - Trust the Arc
 - Adapt with Intuition
 - Meeting Challenges with Grounded Presence.
 - Trusting the Flow

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Post-Retreat Integration

- Preparing for the Transition
- Integration Practices
- The Arc of Transition
- Post-Retreat Integration Tips
- Staying Connecting to your Group



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Bringing the Framework All Together

- Vision
- Choosing your Location
- Marketing
- Logistics
- Itinerary
- Preparing to Lead
- Leading with Presence
- Post-Integration
- ...All of the other subtle elements...



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Reflection

- Prompts:
 - What part of our journey most inspired you today?
 - Are you being called to lead a retreat at this time in your life? Why?
 - Is there a retreat theme you feel most inspired about?
 - What feelings do you want participants to experience as they move through the arc of your retreat?
 - Looking back at the core stages of preparation, which aspects feel most natural for you, and which invite growth and support?
- Take a few moments to explore some or all of the reflection prompts. You can jot down your thoughts, or simply hold these reflections in awareness. Then, we'll open the space to share thoughts together as a group.



TRUENATURE

THANK YOU FOR BEING HERE.

WE'RE GRATEFUL FOR YOUR PRESENCE AND
THE JOURNEY WE'VE SHARED TOGETHER.

Keep exploring your path with True Nature Online
and take the opportunity to go deeper with the
VISION TO REALITY ONLINE COURSE.

ATTEND OR LEAD A RETREAT

For more info and resources, visit

WWW.TRUENATURETRAVELS.COM