

Retreat Planning

RETREAT SCHEDULE:

- Friday, January 25th: 4:30 p.m. → until
- Saturday, January 26th: 9:00 a.m. → 4:30 p.m.

HOMEWORK MATERIALS:

- *Life Entrepreneurs: Ordinary People Creating Extraordinary Lives*
- *Life Entrepreneurs* Personal Assessment© (electronic)
- *Life Entrepreneurs* 360-Degree Review©

Rex plus 1 leaves at 1:00 pm to go set up

All students bring packed bags to 230 Femoyer Hall by 12:00 pm to load vans.

Vans (packed) meet at 2:15 in Cassel parking lot and all students arrive to depart before 2:45

RETREAT MATERIALS - (need to be provided by VT)

- T-shirts for all participants (range of S, M, L, XL)
- Permanent Markers (2 packs for each team: 6 packs total)
- Two pieces of 20' rope – can use masking tape
- Note cards for charades (3/small team)
- Poster boards (1 half sheet/student)
- Small prizes for Fantasy Sports - #?
- Three sets of everyday objects; 3 additional everyday objects for Creativity Challenge
- Bag of candy for small prizes for winning teams of Creativity Challenge
- Tent poles for Helium Stick
- Reference Cards: Strengths, Passions, Values, Purpose on heavy card stock

General:

- Easel with pads of paper for each small team
- Digital camera (**optional**)
- Video camera (**optional**)
- Extra markers
- Extra prizes

PARTICIPANT RETREAT AGENDA

January 25-26

Retreat Welcome & Overview [4:30 – 5:30 p.m.]

- Overview of agenda, timeline, and goals for the retreat
- Orientation:
 - Understanding the entrepreneurial mindset
 - Applying the entrepreneurial mindset to one's life journey at Virginia Tech and beyond

Personal Leadership Foundations Part I [5:30 p.m. – 6:30 p.m.]

- Introduction Activity
- Patterns of Living Matrix

Dinner [6:30 – 7:15 p.m.]

Personal Leadership Foundations Part I [7:15 p.m. – 9:00 p.m.]

- Reflection on ELP 360 Reviews ©
- Discovering core identity:
 - Strengths
 - Passions
 - Values
- Social Identity Map
- Charades Game

“Check-Out”

- “Check-out”: Head, heart, and feet reflection

Group Time [9:00 – 10:45 p.m.]

Breakfast [8:00 – 8:45 p.m.]

Introduction to the Day [9:00 – 9:45 a.m.]

Team-Building Activity

Personal Leadership Foundations Part II [10:00 a.m. – 11:45 a.m.]

- Personal history: defining personal and professional experiences

Awakening to Opportunity [11:45 – 12:30 p.m.]

- Awakening to new opportunities
- Identifying personal and professional opportunities for community impact

Lunch [12:30 – 1:15p.m.]

Team Building [1:15 – 1:45]

Envisioning the Future [1:45 – 2:30 p.m.]

- Crafting a vision statement
- Recognizing obstacles
- “Conviction” exercise

Bringing Vision to Action – Introduction to Course [2:30 - 3:30 p.m.]

- Characteristics of effective goals
- Review of model goals
- Resource strategies for achieving goals
- Immediate Action Items
- Opportunity Selection Matrix Overview
- Recruiting support and accountability: The Role of Peer Leadership Groups

“Check-Out” [3:30 – 4:30 p.m.]

- “Check-out”: reflections on and key take-aways from the retreat
- Concluding thoughts & next steps