

Welcome:

Retreat Objective

To provide students with a dynamic and engaging retreat that fosters personal reflection and development, entrepreneurial leadership development, community-building, and a sense of possibility for the future. It is anticipated that retreat participants will benefit from the following:

- Deeper sense of self
- Opportunity for reflection and renewal
- Greater drive and direction
- Opportunities for personal performance acceleration and transformation
- Strengthened sense of community

RETREAT NORMS AND EXPECTATIONS

- *Candor:* This is an opportunity for deep reflection, personal growth, and community-building. You will benefit most by bringing authenticity and forthrightness to the retreat.
- *Confidentiality:* Everything shared by individuals in this retreat must be treated as private and confidential (unless lawfully required to report) and will not be offered outside of this retreat.
- *Respect:* We support each other by respecting each other and the process. We do this by listening deeply, sharing openly, and letting each other talk freely without interrupting.
- *Humility:* We check our egos at the door and approach this retreat with humility and grace.
- *Flexibility:* We will strive to remain on schedule and adhere to the directions throughout the retreat. However, flexibility and spontaneity may be needed in certain instances and we all resolve to “go with the flow.”
- *Fun:* We are here to have fun, learn from each other, and grow as leaders and human beings.

“T-Shirt Mania” [9:45am-11:00am]

- 1) First 60 minutes: on a provided white T-shirt draw or write phrases that represent important things about yourself you would like others to know. Also write your name large enough for others to read. Include your strengths from Strengths Quest on your shirt.
- 2) Next 45 minutes: Gather in a big circle and, in turn, introduce yourself by starting your name and sharing what you have drawn on your T-shirt.

Break [11:00am-11:10am]

Team-Building Puzzle Activity [11:10am-12:10pm]

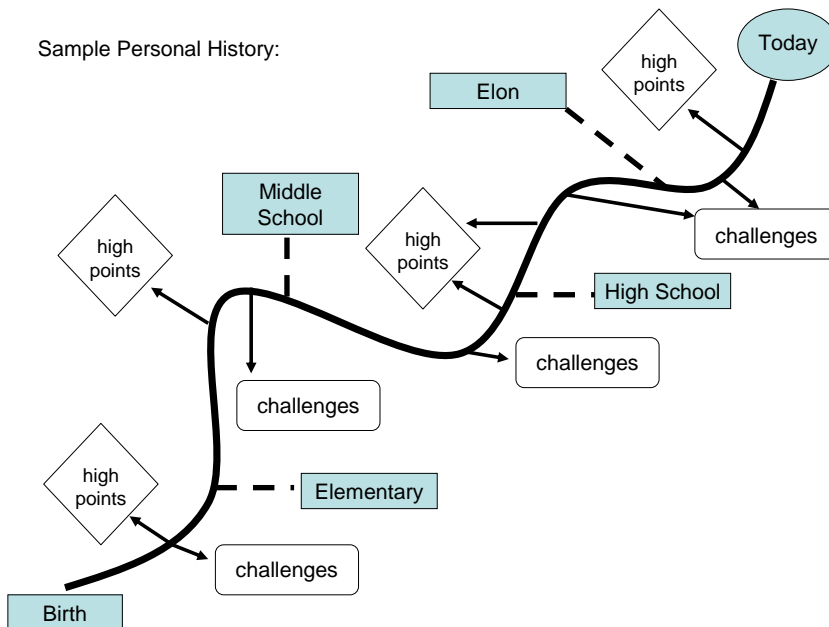
- 1) Divide class into 3 teams and instruct each group to build their puzzle
- 2) First 10 minutes: have students complete “Are You Career Ready”
- 3) Next 20 minutes: Instruct groups to put their puzzle together
- 4) Next 10 minutes: have students complete a new “Are You Career Ready”
- 5) Last 20 minutes: Group debrief on “Are You Career Ready” and strengths

Lunch [12:10 – 1:00p.m.]

Personal History-Life Maps [1:00pm-3:30pm]

- 1) First 60 minutes: draw out your personal history from birth to present day. Be sure to focus on key highlights from each chapter of your life-including both high points and significant challenges that have impacted and influenced who you are today.
- 2) Next 90 minutes: Come back together as a group and share your personal history

Sample Personal History:



“Check-Out” [3:30pm-4:00pm]

1. Retreat Reflection (bud, thorn, rose)
2. Concluding thoughts, reflection paper homework, next steps