



DAY 1 SCHEDULE

NOVEMBER 1
2024

Welcome to The Chic Retreat, OKGN

1:00-3:00PM	Delta Grand Guest - Check-in (1pm-3pm)
1:00-3:00PM	Château Guest - Check-in (1pm-3pm)
2:00-3:00PM	Tour Château - Settle + Stretch
2:15PM	Shuttle 1 from Delta Grand to Château (2:15pm)
2:30-3:30PM	Welcome Drinks at Château
3:00PM	Shuttle 2 from Delta Grand to Château (3pm)
3:00-4:00PM	Networking, Mingle + Snacks
4:15PM	Opening Words & Welcome
4:45-5:45PM	Spotlight: Sherri Wright-Schwietz and Erin Walker
5:45-6:30PM	Spotlight: Danielle Kettlewell (Reedy) Mindset + Resilience to the Olympics
6:30-9:30PM	Wine + Mocktails
6:30-8:30PM	Dinner: Food Stations
6:30-9:30PM	Mingle, Network, DJ Music
6:30-9:00PM	Wellness + Facials & Massages
6:30-9:30PM	Cold Plunge + Hot Tub/Sauna + Spa
9:00PM	Shuttle 1 back to Delta Grand (9pm)
9:30PM	Breath & Sound (Château guests)
9:45PM	Shuttle 2 back to Delta Grand (9:45pm)
10:00PM	Oak & Cru (Delta Grand - Optional)

We're so Happy You're here!

7:00-7:45AM	Movement + Yoga (Delta Grand) - 2nd floor
7:30-8:15AM	Stretch, Yoga + Movement (Château)
7:30-9:00AM	Downtime/Swim/Hot Tub
9:00AM	Shuttle 1 from Delta Grand to Château (9am)
9:45AM	Shuttle 2 from Delta Grand to Château (9:45am)
9:00-10:00AM	Breakfast, Tea & Coffee and Connections
10:15AM	Opening Words & Intention Setting (10:15AM)
10:45-11:15AM	Spotlight: Sally Phillips - Imposter Syndrome
11:30AM-12:30PM	Workshop 1: Sherri Wright-Schwietz and Erin Walker Wealth & Money Mindset
1:00-5:00PM	< Choose Your Own Journey > Facials & Massages + Red Light Therapy (1pm-5pm)
1:30PM	Workshop 2: Dana Skoglund - Vision/Goal Setting (1:30pm-3pm) Workshop 3: Tracy Kennedy - Chaos to Calm (1:30pm-2:30pm)
2:00-2:45PM	Mindset Hike w/ Chantelle Adams (2pm-2:45pm)
2:30/3PM	Skincare w/ Suzette (2:30pm & 3pm) - 20 minutes per session
3:00PM	Workshop 4: Mindy Crawford - Human Design (3pm-4:30pm)
3:30PM	Workshop 5: Paige Mathison - Cultivating Happiness (3:30pm-4:30pm)
4:30-6:00PM	Unofficial Happy Hour & Connections Refresh, Glam Station, Downtime & Reset
6:30-9:30PM	Dinner - Sitdown - Welcome 5-Course Dinner with Wine Pairing Spotlight: Rachel Mielke - Mining for Purpose in Business and Life Live Music Concert - Dawson Gray Closing Words, Evening Wraps
9:30PM	Shuttle 1 back to Delta Grand (9:30pm)
10:15PM	Shuttle 2 back to Delta Grand (10:15pm)



DAY 3 SCHEDULE

NOVEMBER 3
2024

7:00-7:45AM	Movement + Yoga (Delta Grand)
7:30-8:15AM	Stretch, Yoga + Movement (Château)
7:30-9:00AM	Downtime/Swim/Hot Tub
9:00AM	Shuttle 1 from Delta Grand to Château (9am)
9:45AM	Shuttle 2 from Delta Grand to Château (9:45am)
9:00-10:00AM	Breakfast, Tea & Coffee and Connections
10:15-10:30AM	Opening Words
10:30-11:00AM	Spotlight: Sally Phillips - Resiliency and Mindset
11:10-12:00PM	Conversation: Confidence & Mindset - Sherri, Danielle, Rachel with Jadis
12:05-1:00PM	Conversation: Authenticity - Renee Warren & Jaclyn Robertson
1:00-1:15PM	Closing Words + Final Takeaways
1:15PM	Shuttle 1 back to Delta Grand (1:15pm)
1:45PM	Shuttle 2 back to Delta Grand (1:45pm)

Thank you so much for attending the
Chic Retreat, OKGN

xx

With Kind Regards,
Amy Nicole Cohen