

THE WORKR BEEING RETREAT

BUILD YOUR TOOLKIT FOR SUSTAINABLE SUCCESS!

THE CHALLENGE

As an employee, leader, or entrepreneur, have you ever:

- Felt exhausted, drained, or unhappy during the work week?
- Experienced pressure to reach certain levels of success but felt less than confident in your abilities to get there?
- Been overwhelmed with too many things on your plate, leaving you unsure of where to start?
- Felt stuck in setbacks or failures and unable to unlock your future potential?
- Settled into a role but wanted to take your career to the next level?

You're not alone! The modern workplace is full of challenges. The 24/7 work culture can disconnect us from who we are and what we truly want to achieve. We are often being pulled in multiple directions that may not be crucial to the bigger picture. On top of all of that, we feel pressure to perfectly balance our workload with our lives. It's a recipe for burnout.

THE SOLUTION

Fortunately, we have a science-based formula for flipping the script on your workplace wellness and success. We invite you to become part of our "hive", as we share the science behind unlocking your career potential without burning out! Join Dr. Patricia Grabarek and Dr. Katina Sawyer (co-founders of Workr Beeing; www.workrbeeing.com) as they share sustainable strategies to unlock the future you want and deserve.

Specifically, the Workr Beeing Retreat is designed to give you the tools to achieve your career goals while staying healthy. Our research-based approach will help you:

- Understand how to envision and create positive work environments
- Gain confidence to begin the journey toward success
- Set realistic goals and create paths to achieve them
- Learn how to bounce back from challenges

By learning these skills, you can get ahead at work and in life - all while supporting your health and wellness!



Whether you are funding your experience, or your employer is investing in your development, our retreat will provide you with:

- ***Valuable goal-setting and achievement skills that will last a lifetime***
- ***A supportive community that will help guide you to where you want to go***
- ***A clear path forward to help you build the work life of your dreams***

You can also share these secrets with your team to shift entire workplace cultures away from burnout and toward sustainable success!

AGENDA:

PRE-RETREAT:

7:00 PM - 8:30 PM

For anyone arriving into the area on Friday, we would love to meet you. We will set time and location for us to meet-up and start to get to know each other.

DAY 1:

9:00 AM - 12:00 PM

The retreat will start by introducing the goals of the retreat, setting ground rules and expectations, explaining the structure of the retreat, and building a safe environment. The first part of the retreat will cover the science and research behind the activities and goal setting that will be completed throughout our time together. The rest of the retreat will center around a research-based practice to develop Psychological Capital. Topics covered will include:

- Setting positive and ideal goals
- Addressing fears and personal setbacks
- Determining external obstacles and challenges
- Learning how to overcome setbacks

The first day will end with a happy hour as a networking opportunity among our like-minded participants.

DAY 2:

9:00 AM - 12:00 PM

The final half day of the retreat will solidify everything learned on Day 1 and culminate in an important action planning activity. You will walk away with concrete next steps to implement all that you've learned to help you achieve your career goals, be a more productive employee, and lead your teams to a healthier and more effective work life. Day 2 will include:

- Confirming goals
- Create concrete action plans for goals, including alternate approaches
- Debrief and discussion

