

Women's Retreat
Reboot & Get Your Life Back
with Lorraine Bossé-Smith

8:00 am Cardio Kickoff (awesome exercise for our body)

8:45 am Coffee & Cool Off

9:00 am Why Am I here? (session on purpose, mission and passion)

9:30 am Get Your Life Back! (once we remember our “why” then how do we get back on track personally, professionally)

10:15 am Break & Buddies (mingle and share “What’s your why?” with someone)

10:30 am Yoking Ourselves to God Always (restorative YOGA that clears our minds and connects us with our Maker)

11:00 am Finally FIT! (session that identifies your God-given Fitness Individuality Trait and how to create a healthy lifestyle to support your why)

12:00 pm Lunch & Learn (share with someone one thing that inspired you, touched you or positively impacted you from the morning)

1:30 pm The Truth About Nutrition and Exercise (session on sorting through and finding the truth in order to get back to basics in order to take care of our temple)

2:15 pm Turtles Don't Fly! (session on how the people in our lives will support or suppress our “why”)

2:45 pm Break & Buddies (mingle and discuss “What boundary do you need to re-establish and defend to protect your “why”?)

3:00 pm Time for a Shift (session that puts the rubber to the road using my SHIFT principles)

3:45 pm Defy Your Diagnosis (session on how with God, they can conquer and overcome anything!)

4:30 pm Close w/ inspirational story (life isn't just about getting it right for ourselves but to lead and help others)

4:45 pm END



3120 West Carefree Highway
Suite #1-617
Phoenix, AZ 85086
(623) 582-1578
www.lorrainebosse-smith.com