

Empowerment Retreat Agenda

Objectives of the Retreat

1. Gain insight and process issues related to young females.
2. Encourage creativity, initiative, advocacy, and using one's voice.
3. Learn ways to increase self esteem through taking care of one's self, knowing one's worth, and honoring one's needs.

Saturday, December 30th, 2017; 8AM-4PM

8:00 am-8:45 am	Breakfast Opening/Introductions
8:45 am-9:00 am	Go over ground rules as a group
9:00 am-9:30 am	Activity, 'Objectively Speaking'; introductions
9:30 am-10:00 am	Activity, 'At a Glance'; false 'first impressions.'
10:00 am-10:10 am	Break
10:10 am-11:00 am	Topic: Self-Esteem + 'You're A Work of Art.'
11:00 am-11:50 am	Topic: Body Image + 'Very Personal Jewelry.'
11:50 am -1:00 pm	Lunch
1:00pm-2:00pm	Topic: Mental Health + Self Care activity
2:00pm-3:00pm	Topic: Mindfulness + Mindful Eating Activity + Art activity
3:00pm-3:30pm	Topic: Social Media + activity
3:30pm- 4:00pm	Wrap up + Compliments + Feedback

Facilitators: Marianne Riley, LCPC & Dena Alafey, LGPC