

2024 ALCA Dream Retreat – Tentative Flow of Events

FRIDAY 9/27	SATURDAY 9/28	SUNDAY 9/29	MONDAY 9/30
<p>4:00 Check-in/ Registration Icebreaker: “Taking inventory” (creating a safe space, and laying out the flow) 4:30 – 5:30p Guac/Salsa Competition</p>	<p>7:30-8:30am BODY Yoga</p>	<p>7:30-8:30am BODY Forest Bathing</p>	<p>7:30-8:30am BODY Yoga</p>
<p>5:30 – 7:00p DINNER</p>	<p>9:00 – 10:00am BREAKFAST</p>	<p>9:00- 10:00am BREAKFAST</p>	<p>9:00 – 10:00am BREAKFAST</p>
<p>7:00 – 8:30p Hood Content Session #1 on CLEARING THE LISTENING SPACE (brief overview of retreat/what to expect)</p>	<p>10:00 – 12:00p Hood Content Session #2 on 3-Centered Listening</p>	<p>10:00 – 11:15a Hood Content Session #4A: VISION & ACTION PLAN</p> <p>11:30 – 12:45p Content Session #4B: Smaller Group</p>	<p>10:00 – 11:30a Hood FINAL Content Session #7 Summary Based on key Takeaways ... What can you integrate into your life / and how can it impact your work life? Putting in writing a plan / timeline / commitment and Postcard to Self</p>
<p>5:30 – 7:00p DINNER</p>	<p>12:30p LUNCH (create 1 hour of “nap time)</p>	<p>1:00p LUNCH</p>	<p>Leave for Airport</p>
<p>7:00 – 8:30p Hood Content Session #1 on CLEARING THE LISTENING SPACE (brief overview of retreat/what to expect)</p>	<p>2:00 – 5:00p Fun Group Activity #1 Zipline</p>	<p>2:00– 4:00p Hood Content Session #5 on BOUNDARY MODEL</p>	<p>Leave for Airport</p>
<p>7:00 – 8:30p Hood Content Session #1 on CLEARING THE LISTENING SPACE (brief overview of retreat/what to expect)</p>	<p>5:00 – 6:00p Social/Free Time</p>	<p>4:00 – 6:00p Social/Free Time</p>	<p>Leave for Airport</p>
<p>7:00 – 8:30p Hood Content Session #1 on CLEARING THE LISTENING SPACE (brief overview of retreat/what to expect)</p>	<p>6:00-7:30pm DINNER</p>	<p>6p – 7:30pm DINNER</p>	<p>Leave for Airport</p>
<p>7:00 – 8:30p Hood Content Session #1 on CLEARING THE LISTENING SPACE (brief overview of retreat/what to expect)</p>	<p>7:30 – 9p Hood Content Session #3 VALUES: Getting at What is Important</p>	<p>7:30 – 10p Hood Evening Fun Group Activity #2</p>	<p>Leave for Airport</p>

Plan to arrive
at hotel 3-4 pm
(check-in 4pm)

Leave for
Airport