



# LIVING, LEADING & THRIVING SPA EASTMAN

**Dates:** March 14-16 (Wednesday-Friday)

**All inclusive Cost:** \$1,995 (all inclusive)

**Location:** SPA EASTMAN, EASTERN TOWNSHIPS

**Website:** [spa-eastman.com](http://spa-eastman.com)

## TODAY'S WORLD IS CHAOTIC.

*Rather than fighting it, learn the skills to live and thrive. Join us for this 2½ day retreat in one of the most beautiful lodges in the world (awarded one of the top 10 spas in Canada by Spa Finder, 2015). You will learn about yourself and the behaviors you display most naturally and that contribute to your success. We will discuss your natural leadership propensities and how they can be harnessed to achieve more than you ever thought possible.*

*As part of the core curriculum, you will complete the SuccessFinder assessment prior to arriving. We will spend time at the retreat discussing your results and how to leverage this knowledge to achieve your personal goals. Test and facilitation alone is a \$1,500 value.*

*The retreat package includes tests, customized results, lodging, meals, and workshop curricula. All spa treatments are also available at a retreat discount. We have openings for 25 participants. Cost: \$1,995(all inclusive).*

### PREWORKSHOP:

You will be introduced to the SuccessFinder tool through our self-paced eLearning site. We will ask you to complete the test 2 weeks before the workshop and an individualized report will be provided to you prior to the retreat.

## AGENDA

### DAY 1: CHECK-IN/WELCOME (WEDNESDAY)

3:00 pm: Hotel Check-In

4:30 pm: Meet in the conference hall.

Our hosts will introduce themselves and cover the agenda and desired outcomes for the next 2 days. A hard copy of each customized report will be provided to you and first reflection questions will be discussed.

5:30 pm: Welcome & Champaign toast, Networking

7:00 pm: Dinner



## DAY 2: DISCOVERING YOU (THURSDAY)

7:00 am Yoga (optional) 8:00 am Breakfast

9:00 am – 1:00 pm: Discovering You

In this session, we will further unpack the unique behavioral profile the SuccessFinder competency test has uncovered. We will discuss how each session participant: influences and relates to others, understands problems and generates solutions, manages time, stays motivated and on track, and each person's self-management style and personal resources. This is an opportunity for you to reflect on the kind of work environment you thrive in and what you distinctly bring to the workplace. There will also be time for small group exercises and development opportunities for you to think about how to increase your leadership impact.

1:00-2:00 pm: Lunch Keynote: Between Earth & Ocean with Mylène Paquette

Join us to hear how Ms. Paquette overcame mental and physical challenges to become the first person from the Americas to successfully undertake a solo crossing of the North Atlantic Ocean in a rowboat: a human adventure that goes beyond a simple feat of athleticism.



2:00-3:30 pm: Building Your Personal Brand

What sets you apart at work? What is your brand? We will develop this in small groups.

As you consider your strengths, we will facilitate small group discussions on how your highest preferences have contributed to your career success. When demonstrating these strengths, we will discuss the value it brings to your work/environment, colleagues, and peers.

These discussions will serve to help each woman develop a personal brand statement on each of the competency groups (relationships, solutions, productivity, motivation and personal success) and answer the fundamental question - what sets me apart at work?

3:30-4:30 pm: Afternoon Activity – Tribal Drumming

From the shamans of Mongolia to the Minianka healers of West Africa, drumming has been used for thousands of years to create and maintain physical, mental, and spiritual health. It's a universal language that we will explore in this fun and interactive session.



7:00 pm: Wine Pairing & Tonic Cuisine Experience

This will be a wonderful and unusual culinary experience. Guests describe it as colorful, tasty and energizing, designed to please the most discerning palate. Each course will be paired with organic wine.



## DAY 3: (FRIDAY)

7:00 am Yoga (optional) 8:00 am: Breakfast

9:00 am – 12:30 pm: Leading and Thriving in Chaos

Now that you have a complete portrait of your behavioral DNA we will move to apply it, so it can be used to ignite your individual potential for professional growth and fulfillment.

We will discuss our patented ladder of leadership and the core and transitional competencies necessary to thrive at each level (manager/director, executive, c-suite). We will discuss the behaviors that serve you best as you move up or within your organization and how this knowledge may infuse your personal goals and life priorities. The session will be supported by insights into the underlying behaviors that play out for most women in leadership roles.

1:00-2:00 pm: Lunch Keynote – Practicing Audacious Leadership with Geneviève Fortier, Fellow CHRP, Chair of the Board CHUM-CHU Ste-Justine, (former)SVP HR and Public Affairs at McKesson Canada



2:00-3:00 pm: Takeaways & Wrap Up

3:00 pm: Departure

## WHAT YOU WILL LEARN

You will learn your specific behavioral DNA, as defined by the SuccessFinder Competency Model which is made up of 85 distinct traits and 35 career themes. With four decades of research, 94% of respondents evaluate the results as being exceptionally accurate. You will learn how you problem solve, work, interact with others, the coping mechanisms you use, what most motivates you, and how you view yourself. We will also touch on your lifestyle priorities and vocational incentives.

You will be introduced to our ladder of leadership model and how you can apply this to your own career growth as well as how you might assess others in your care or even your peers. You will learn the two consistent core behaviors that have been proven valuable across all leadership levels. And finally, you will be introduced to ways in which you can apply the insights you will take away from the retreat to further your professional and personal growth.



## QUOTES FROM PREVIOUS RETREATS

*"This event was a 5/5; it surpassed my expectations."*

– Geneviève, SVP HR, Global Pharma Company

*"So much great information, and wonderful to semi-unplug."*

– Maggie, President, US Based Consulting Company

*"The comradery of the group and the Ladder of Leadership were my personal highlights."*

– Terri, Regional VP, Leadership Development

*"The SuccessFinder team did an amazing job throughout. The content was engaging and clear in explaining a relatively complex and personal subject for each of us in a group setting. No small task!"*

– Mary Grace, COO, Recruiting Software Company

*"Wonderful and well executed."*

– Andrea, Leadership, Succession and Development, Global Mining Company

*"There were so many highlights for me, including all the fun and laughter. I enjoyed getting away from my "normal life" and interacting with amazing women."*

– Heather, Ph.D. Psychologist in private practice

*"Both the content and the participants were equally impactful for me. Learning more about myself through the competency assessment while also getting to know the impressive women in the group was so valuable. I've been telling all my friends about it since I got back!"*

– Kathi, VP Sales, US Software Company

*"I loved it all!"*

Mary, – CEO, Consulting Company

*"So many highlights but the greatest enjoyment came from networking with the attendees and hearing their insights - these women were all fantastic!"*

– Marketing Director, Global Technology Company

*"Loved, loved, love this!!! It brought such clarity to me on the competencies between the first through executive levels of management and why some thrive, and others don't. I will be using it when I get back."*

– Suzie, Director Client Services, Global Software company

*"It really brought home the idea of where I am in the corporate ladder and where I want to go. Fantastic tool."*

– Susan, Implementation Strategy & Enablement Principal, Global Software company."

*"Everything and everyone was amazing. Inspiring, smart, hilarious, enjoyable, memorable, soul-stirring. Seriously amazing event and group of wickedly smart women. Bravo!!!"*

– Didi, President, Marketing Services Company