



Welcome to the 3rd Annual Change Navigators retreat! This is a time for self-reflection, growth, and new connections! Our learning experiences are provided by certified growth experts.

August, 11-13
Oconomowoc, WI

What can I expect? This is a nonjudgmental and open community, where we remain confidential in our conversations and appreciate and acknowledge all people who share! The Change Navigator group was started as a Facebook group and is now an encouragement movement facilitated by Corinne Jameson Kuehl with the purpose to encourage personal growth and recognize that change is a grateful journey . **We only accept 12** attendees who love life and want to spend time designing their ideal future by creating and being accountable within community support. Your “take-a-ways” are leadership tools, personal strategies for your success and practical pieces to mentor others.

Plan to leave with amazing friends and a renewed soul! **Sign up TODAY!**

Pre-retreat Request:

- Read the GAP and the Gain by Dr. Benjamin Harvey
- Write a one page inspirational story of your life’s journey

Thursday August 11th

WELCOME for all CN starting at 5:00 p.m.

5:00 pm- 7:00 p.m. ([Oconomowoc, WI](#))

Theme: “It’s a Mexican Fiesta!”

We will be creating our own Mexican fest, including a salsa creation contest, Margarita tasting!

7:30 p.m. Bonfire: Inspirational sharing

Friday August 12th

Breakfast served TBD

“E” Additions to your morning routine (SAVERS for those who practice):

TBD! Live Yoga (Katie will be joining us again!) and morning movement choice. (kayaks, paddle board)

9:00-10:00 Basic Habits and Acknowledgement of the Behavior of People (activity: DISC bingo)

10:00-11:00 Has my “Why” Changed? Exploring our values and why they are fluid).

11:00-2:00 **FLOW Lab:** Working Lunch/guided Creative Design Lab with small group and personal reflection with personalized workbook and location choice.

2:00-4:00 "The Gap and the Gain" Study "The high achiever's guide to happiness, confidence and success."

4:00 Close for the day

Theme: Life on Wisconsin Lakes

4:30 Pontoon cruising, kayaks, lake floating, or relaxation

6:00 pm Casual Dinner at Smoke on the Water (arrival via boat and/or car)

Dessert and after dinner drinks at Lake house.

Saturday: August 13th

Breakfast served TBD

"E" Additions to your morning routine (SAVERS for those who practice) Walking, biking, kayaks

6:30 a.m. Shuttle with Corey to an Early bird hike: <https://www.holyhill.com/>

9:00-10:00 Is my EQ Heightened?

10:00-11:00 Practical Results to change your Default Options

11:00-12:00 Implementing Support and strategies for your success-accountability and Mastermind creation

12:00-2:00 Retreat close

Theme: Summer yard party!

Post retreat:

IF you want to stay for "Post" Lodging will be available through Sunday. . Explore the lakes, the communities, and the local life.

Lodging Options

- There is room for 7-8 at the lake house and neighbors house if you do not mind a roommate/closer quarters (first come, first serve) feel free to bring a tent for free too! (COST: \$100 a night)
- Hilton Garden Inn, Oconomowoc, WI (COST: around \$190 a night)
- The Inn at Pine Tree Resort, Oconomowoc, WI (COST: around \$384-\$400 for 2 nights)

Registration by June 1st:

- Investment: \$420 for Retreat Experience (Lodging not included) notify Corey of your lodging selection.

Registration (if openings still available) June 1st-August 1st:

- Investment: \$500 for Retreat Experience (Lodging not included) notify Corey of your lodging selection.

- Please let Corey know if complimentary airport transportation is requested.

Register with corey@corinnejamesonkuehl.com to reserve your spot!