

Hello Beautiful!

I am SO excited to spend time together IN PERSON and curate a deeply transformative experience for you!

Together we will immerse ourselves in the sounds of nature, enjoy the splendor of Vermont Summer, move our bodies, eat amazing, nourishing food, and soak in the wood-fire hot tub overlooking the Green Mountains... all while we plot our next big biz moves!

You'll experience your next breakthrough, map out a simple strategy to scale your biz and income while powerfully serving your people, and leave with an incredible network of women entrepreneurs who have your back in business and life.

We are pulling out ALL the stops to make this an over-the-top value-packed experience so that you feel nourished, connected, inspired, rejuvenated, and READY to step into the epic, legendary leader you are so that you can make this your BEST year yet!

In this packet, you'll find the details to start prepping and making the most of your retreat. We will also be in touch with updates and additional information as the retreat weekend approaches!

Should you have any questions or need additional support, please email info@krissyleonard.com.





## **LOCATION**



Sterling Forest Lodge 3791 Sterling Valley Rd, Stowe, VT 05672

Phone: (802) 253-0334

www.sterlingforestlodge.com

Sterling Forest specializes in all-inclusive getaways for you to unplug and recharge. Enjoy home-cooked meals. Take a morning yoga class, walk in the woods, relax in the hot tub, unwind in the sauna, or choose your own adventure!









## WHAT'S INCLUDED IN YOUR STAY

### 3 NIGHTS OF LUXURIOUS LODGING

Each room is named after the type of tree used for the wood flooring of that room, which is also found in the surrounding forest.

Ash, Maple, Birch, etc.

They've literally brought the outside in.





They've also spared no expense to supply all rooms with organic, non-toxic mattresses and linens from Avocado Green Mattresses, organic towels and robes from Under the Canopy, and Vermont's own natural bath products by Ursa Major.

Each room is equipped with a sound machine and earplugs + masks are available for sensitive sleepers.

You'll rest easy and rest well.

\*NOTE: lodging is shared, unless you purchased a private room. Each room has 2 comfy twin beds. Please let us know if you have additional preferences using the Retreat Clarity Questionaire.

## *IN-DEPTH BUSINESS + LEADERSHIP TRAININGS*



We will also be getting to work in this retreat! You will move past your blocks, reawaken your bigger vision, define your unique leadership, and map out your personalized strategy to make 2024 the most EPIC yet - in your business, your relationships, your body, and your life.

You will learn new strategies and energetic techniques as well as have time to journal, reflect, and implement each day.

### LOVINGLY-PREPARED ORGANIC FOOD

All meals are included each day!

7:00 am - Coffee/Tea ready in the Great Room

8:30 am - Breakfast served buffet-style

12:30 pm - Lunch served at The Table

6:30 pm - Dinner served at The Table

Organic tea is provided all day, organic coffee is provided until noon, and fresh fruit is available all day.

All meals provided by Sterling Forest are vegetarian. They provide nutrient and protein-rich meals inspired by the holistic health system of Ayurveda. Ingredients are predominantly sourced from local and/or organic sources whenever possible. They use high-quality oils and/or ghee for cooking -- no refined or processed oils -- and nontoxic cookware and accessories throughout their kitchen.



If you have any serious allergies or dietary restrictions, we would very much like to know about them in advance. Please send an email with those details to info@krissyleonard.com.

\*We have also sent you a short Clarity Questionnaire to indicate your dietary preferences.

## TRA VEL

### AIRPORT & TRANSPORTATION TO THE LODGE

Please arrive at Sterling Forest Lodge between 3-5 pm on Thursday, June 6th. Plan to depart no earlier than Sunday, June 9th at 11am so that you can partake in the whole experience.

The airport in closest proximity is Burlington International Airport (BTV) (approx 50 away). Taxis and Ubers are available outside the airport. An UberX typically costs around \$85/\$90. Rental cars are also available. All-wheel drive is encouraged.

If you need assistance arranging travel from the airport to The Lodge or if you are interested in carpooling, please email us at info@krissyleonard.com.



# SUGGESTED PACKING LIST

### A CHECKLIST TO HELP YOU PREPARE

☐ Comfortable layers	
☐ Indoor slippers	
☐ Light Jacket	
☐ Hiking Shoes	
☐ Warm Socks	
☐ Sunblock	
☐ Bathing Suit	
☐ Sandals/flip flops for sauna	
☐ Yoga/workout clothes (mats provided)	
☐ Comfy clothing, a small pillow, ear plugs, a	nd an eye mask for the plane so you
arrive well-rested!	
☐ Refillable water bottle so you can stay hydra	ated
☐ A print-out of this guide or saved digitally	
☐ Journal and Pens	
☐ Your laptop (if you have one)	
☐ Charging cords and cell phone	
☐ Cash for any necessities	
☐ Any snacks or special foods or teas you wa	nt to have on hand
☐ Hand sanitizer/wet wipes	
☐ A good book, inspirational podcast, or mag	azine for the plane/downtime
☐ Toiletries, like a toothbrush, toothpaste, etc	
☐ Anything you feel you need to take loving o	are of yourself and make your space feel
like home.	
☐ Your beautiful self just as you are!	

## ARRIVAL + ITINERARY

### ARRIVAL

Check-in begins at 3:00 PM on Thursday, June 6th. Please arrive no later than 5 PM. We will meet for the opening circle at 5:30 PM, followed by dinner at 6:30 PM.

Please give yourself plenty of space to arrive and get settled in so we can connect and jump right in!

### **OUR WEEKEND ITINERARY**

#### THURSDAY, JUNE 6TH

ARRIVAL, CLARITY + CONNECTION

- 3:00 PM 5 PM: Check-in
- 5:30 PM: Opening Ceremony
- 6:30 PM: Dinner
- 8:00 PM: Visioning + Goal Setting
- 9:30 PM: Lodge Quiet Hours begin\*\*

#### FRIDAY, JUNE 7TH

RECLAIM YOUR POWER:

MASTER YOUR MESSAGING + OWN YOUR UNIQUE GENIUS

- 7:00 AM Coffee/Tea ready in the Great Room
- 8:00 9:00 AM: Morning Yoga in the studio (optional)
- 9:00 10:00 AM: Breakfast (served buffet style)
- 10:30 AM 12:00 PM: Business Deep-Dive: Mastering Your Messaging
- 12:30 PM: Lunch served at The Table
- 1:30 4:30 PM: Free Time + Work Sessions
- 2:00 4:00 PM: Hydrotherapy Circuit Open
- 4:30 6:00 PM: Business Deep-Dive: Discovering Your Unique Brand Essence
- 6:30 PM: Dinner served at The Table
- 8:00-9:00 PM: Evening Ritual
- 9:30 PM: Lodge Quiet Hours begin\*\*

\*NOTE: this is a sample agenda. The final schedule will be provided at the retreat.

#### \*\*LODGE QUIET HOURS

Quiet hours are 9:30 PM to 7 AM -- reading, journaling, meditation, etc is permitted, but lights will be turned down to quiet hour mode after 9:30 PM.

#### SATURDAY, JUNE 8TH

CALLING IN THE CASH: ALIGNED OFFERS, SALES, AND SCALING STRATEGIES

- 7:00 AM Coffee/Tea ready in the Great Room
- 8:00 9:00 AM: Morning Yoga in the studio (optional)
- 9:00 10:00 AM: Breakfast (served buffet style)
- 10:30 AM 12:00 PM: Business Deep-Dive: Up-leveling Your Offers + Systems to Scale
- 12:30 PM: Lunch served at The Table
- 1:30 4:30 PM: Free Time + Work Sessions
- 2:00 4:00 PM: Hydrotherapy Circuit Open
- 4:30 6:00 PM: Business Deep-Dive: The Energetics of Money + Magnetism
- 6:30 PM: Dinner served at The Table
- 8:00-9:00 PM: Bonfire + Storytelling
- 9:30 PM: Lodge Quiet Hours begin\*\*

#### SUNDAY, JUNE 9TH

INTEGRATION + ACTION PLAN

- 7:00 AM Coffee/Tea ready in the Great Room
- 8:30 AM: Breakfast (served buffet style)
- 9:30 10:30 AM: Closing Ceremony + Clarity Around Next Steps
- 11:00 AM: Depart

\*NOTE: this is a sample agenda. The final schedule will be provided at the retreat.

#### \*\*LODGE QUIET HOURS

Quiet hours are 9:30 PM to 7 AM -- reading, journaling, meditation, etc is permitted, but lights will be turned down to quiet hour mode after 9:30 PM.

## ADDITIONAL IMPORTANT INFO

#### STAFF ASSISTANCE

During your stay, if you need anything from the lodge staff and they are not in the immediate vicinity, please use the <u>Call Button</u> located near the door to the kitchen.

#### **EMERGENCIES**

If there is an emergency, please call 911 first.

O Then contact the staff on duty by texting them or pushing the Call Button near the door to the kitchen. If a staff member does not come out in a timely manner, please knock on the door to the staff quarters.

O The Landline number is (802) 253-0334 - if anyone needs to reach the lodge at any time.

#### INTERNET

The lodge's internet is satellite-based and is usually very reliable.

O Internet: Sterling Forest Lodge

O Password: internet

#### **CELL SERVICE**

Depending on your carrier, you will probably <u>not</u> have cell service at the Lodge. Please make sure you <u>have WiFi calling enabled</u> on your phone to make calls over WiFi. They also have a landline that can be used by request.

#### RESPECT THE VIBE

Sterling Forest is an alcohol, smoke, and substance-free facility. We trust our attendees to follow all guidelines and requests of the retreat center and enjoy this beautiful, sacred space responsibly.

## RETREAT TEAM



I'd like to introduce you to Brenda, my incredible Client Care Specialist, who will be able to personally assist you with all of your travel and personal needs in preparation for and during the retreat.

You can expect more details from her regarding your room assignments, dietary requests, packing recommendations, general travel checklists, etc. If you have a pressing question before then, feel free to contact Brenda at info@krissyleonard.com.



Your Host and Coach for the weekend and creator of The Aligned Female Entrepreneur Business Accelerator. My goal is to bring my 20+ years of business and marketing strategy and unique combination of spirituality, feminine arts, and deepdive transformation experience to help you have one of the most magical and memorable weekends of your life.

If you need to be in touch you can email me at the address above leading up to the event!

#### CONTACT INFORMATION DAY OF EVENT

Brenda: 719.640.0634

**Sterling Forest:** 802.253.0334