



Proposed AGENDA
The SPEECH FITNESS INSTITUTE 3-Day

THE TIME TO TRAIN—IS NOW!!!!

Keep **SFI** in Mind for your next corporate retreat or sales meeting

Arrival

Afternoon

Transfers/Guests

*Settle in at the wonderful **Wild Horse Inn**
 Gift "Baskets"—A Little Inspiration*

Evening

6pm

Welcome!!!

Scavenger Hunt with a teammate!!
 Meet and Greet/**Outdoor Buffet**

(Hot Tub, Sauna Available)

DAY 1

6:30am

"Revele"—Rise and Shine!!!

6:45am

Good Morning! Early Birds Unite!!

(coffee and a scone... protein bars available)

7-8am

Inspiration of the day

Morning nature hike

8-8:30am

Bio Break

Check in with your life!!

8:30-9:30am

Chris's homemade Breakfast-yum!!

9:30-10:00am

Time Out

9:30am-12:30pm

Interactive Session (Mary Mayotte)

Let's talk FLEX-ABILITY!

****Overview of Training/Goals for the session**

Review of Your Individual Projects/Your Plan/Your Journal

Boot Camp Basics-A Review

12:30-1:30

Lunch

1:30-4:00pm

Fitness Session/Team Assignment

The Unbearable "Lightness" of Your Being

*Golf, fly fishing, biking, horseback riding, rafting etc.
 (guaranteed fun!)*

4-6:30pm

PT (Personal Training) 75- minute

Body, Mind, Spirit sessions with Mary (scheduled)

Afternoon

Amazing Body Work/Massages (John Cribari)

Evening: **"Free-time" Dine Around & PERFORMANCE "Homework"**
PT with Mary to be scheduled

GOOD NITE! SLEEP TIGHT!

Day 2

6:30am. **...This is your Wake Up!! Call...**

6:45am **Hot Coffee and a Muffin...**

7-8 am **Inspiration of the Day!**
Morning nature hike-Team 1

8-8:30am **Change That Tee!**
Phone Home. Check e-mail (if you must☺)

8:30-9:30am **Special Get Fit Breakfast!!!**
Chris French imparts wisdom on what to put inside-for maximum energy and peak performance!!

9:30-10 am **Time Out**

10am-2pm **EMOTIONAL INTELLIGENCE/Emergenetics®**
Scott Halford- Emmy Award winning writer, producer provider and facilitator of Organizational Motivation programs

Marty Lassen- founder of the nationally recognized "Women's Success Forum" who provide insights into corporate dynamics

12-2 pm **Working Lunch**
A Picnic!!-Pick up your box lunch

2-2:30 **Break**

Afternoon Session

2:30-4pm **NIA (Neuromuscular Integrative Action)**
Fitness and healing system that uses practical and diverse movements, free expression and the senses to experientially create fitness and wellness.

4-6:30pm **PT with Mary** (will be scheduled)

Group Dinner—Sunspot! (top of Winter Park Mountain)
Musical Performance

Nitey-Nite!!

Day 3

6:45AM

ARISE!!

7-8:00AM

Inspiration of the Day!
Morning Nature hike-Team 2

8-9:30AM

Championship!!- John Cribari inspires us
Delicious Nutrition-Breakfast & Coffee

9:30am-noon

Performance Rehearsals for Evening Showtime!
PT with Mary (will be scheduled)

DAY 3

Afternoon Session

Noon-4pm

**SOUND LOGIC: USING MUSIC FOR STRESS MANGEMENT,
FOCUS, AND CLARITY**
Don Campbell-World-renowned authority on the transformational
power of music

4-4:30pm

Get Ready...set...SHOWTIME!!

4:30 `til ??

PEAK PERFORMANCE NITE
Bonfire and Bar-B-Q at the Teepees at BROTHER MOOSE

GOOD NITE!

Our Last morning...

SLEEP IN

8-9:30am

Wrap Up Breakfast
Special INSPIRATIONAL CEREMONY

Post-Game Huddle!
Next steps...

****The remainder of the morning on your own—checkout 11AM.**