

Recharge & Renewal[®] at Work

A Workshop for Turning Points in Life & Career

Join us in the Colorado Rockies for a 5-day learning adventure devoted to personal and career renewal.



WHO SHOULD ATTEND:

- Are you a business professional who wants to re-energize, refocus and renew yourself at a whole new level?
- Are you facing or contemplating a change in job or career?
- Are you in a high pressure or heavy output role looking for ways to recharge?
- Are you a leader whose motivation is waning, who wants to reconnect to your passion and drive?

If your answer is “**Yes**” to any of the above, **Recharge & Renewal[®] at Work** is for you!

WHERE: **Estes Park, Colorado** (approximately 90 minutes from Denver)

SCHEDULE: **Monday, June 9** (7:00 pm to 9:00 pm) — *Evening Kick-Off Session*
Tuesday, June 10 (8:00 am) to **Friday, June 13** (noon) —
Workshop sessions and outdoor activities

WORKSHOP TOPICS:

- Where are your opportunities for more fulfillment at work?
- Identifying the root causes of your dissatisfaction, burnout, or desire for “more”
- Assessing your passions and competencies, and how to engage both in your work
- Discovery processes for determining your new focus and direction
- Minimizing the drains and distractions that take you off your game
- Ways to build new networks, rhythms and routines to enhance your life, health and energy
- How to use our unique 7D Model for navigating your career direction
- Tools for optimizing your ability to deal with pressure and change

TUITION: **\$1,500**
includes workbook, materials and some meals

VENUE INFO: **Marys Lake Lodge and Resort**
2625 Marys Lake Road
Estes Park, CO 80517
Phone: (970) 586-5958
www.maryslakelodge.com
info@maryslakelodge.com



LODGE AMENITIES: **About Marys Lake Lodge:**

- **Dining** — There are two great restaurants on the property, one featuring live music in the evening. Condo units feature full kitchens for your convenience.
- **Personal Pampering** — The Resort offers an onsite full service spa/salon.
- **Accommodations** — There are a variety of great lodging choices in Estes Park; please book according to your personal preference. For the Marys Lake Lodge & Resort, call (970) 586-5958 or visit www.maryslakelodge.com.

OUTDOOR ADVENTURES: To deepen your R&R experience and facilitate learning, the workshop features outdoor activities and time for exploration throughout the week. There are many enjoyable experiential learning opportunities in the Marys Lake area, including hiking, horseback riding, and fishing. The awe-inspiring Rocky Mountain National Park is just 5 miles from the Lodge!

TRAVEL TIPS:

- ✓ June is mild in Estes Park, with an average temperature of 67 (lows in the 50s and highs in low 80s).
- ✓ The most important consideration is allowing yourself time to acclimate to the altitude of 7,500 feet. Consider arriving a bit early if your schedule permits.

NEXT STEP: **Call Robin Taylor at (909) 603-9070**
for more information or to register!



CAN'T MAKE THE WORKSHOP?
Ask about **Recharge & Renewal®** phone coaching
with **Marie Moran**.