



Agenda for DeW Life Retreat 2023

Please note we will do our best to stick to the scheduled times, however we reserve flexibility to extend some content periods to honor the highest needs of the group.

Continental breakfast to be served on the on-site hotel restaurant. Make sure you collect your breakfast voucher.

WEDNESDAY

8:00 - 8:30am	Yoga (Optional)
8:30 - 9:30am	Breakfast & Registration
9:30 - 10:00 am	Day 1 Opening Remarks (Linda Sherman & Anne Duffy)
10:00 - 10:50am	Sonia Chopra
10:50 - 11:10am	Breakout
11:10 - 11:30am	Break & Table Switch
11:30 - 12:00pm	Strengths
12:00 - 12:30pm	Breakout
12:30 - 1:30pm	Workshop & Lunch
1:30 - 2:10pm	Strengths
2:10 - 2:30pm	Break & Table Switch
2:30 - 3:00pm	Dr. Maggie Augustyn
3:00 - 3:30pm	Breakout
3:30 - 3:50 pm	Debora Carrier "I'm proud of"
3:50 - 4:50 pm	Get ready for the fashion show
4:50pm	Buses pick up at Marriott Hotel
5:05pm	Buses pick up at HGI
5:30pm	Picture at the lobby
8:30pm	Pickup and return to hotel
9:00 - 10:00 pm	Loungewear party on Veranda

THURSDAY

8:00 - 8:30am	Yoga (optional)
8:30 - 9:30am	Breakfast & Networking
9:30 - 10:00 am	Day 2 Opening Remarks (Anne Duffy & Dr. Nikki Green)
10:00 - 10:40am	Dr. Naketa Thigpen
10:40 - 11:00am	Breakout
11:00 - 11:20am	Break & Table Switch
11:20 - 12:00pm	Panel (Business Panel with Dee Fischer)
12:00 - 12:20pm	Breakout
12:20 - 2:00pm	Lunch (Own your own)
2:00 - 2:30pm	Women Empowerment Panel
2:30 - 2:50pm	Breakout
2:50 - 3:00pm	Break & Table Switch
3:00 - 3:30pm	Mind, Body, Spirit Panel
3:30 - 3:50pm	Breakout
3:50 - 4:00pm	Break
4:00 - 4:30pm	Dr. Kim Harms
4:30 - 5:00pm	Breakout
5:00 - 5:30pm	Wrap up with Katherine Eitel Belt
6:00 - 9:00pm	House Party

FRIDAY

8:00 - 8:30am	Yoga (optional)
8:30 - 9:30am	Breakfast & Networking
9:30 - 10:00am	Day 3 Opening remarks
10:00 - 10:40am	Lani interview with Anne Duffy
10:40 - 11:00am	Raffle
11:00 - 11:45am	Fireside chat with Katherine Eitel Belt
11:45 - 12:00pm	Closing remarks