

A top-down view of a desk with a fountain pen, a crumpled paper ball, and a pocket watch. The fountain pen is black with a gold nib, lying on the right side of the paper. The crumpled paper ball is light brown and sits on the right side of the desk. The pocket watch is silver and round, with a ring at the top, located on the left side of the desk. The paper is aged and yellowed, with the words 'Progress over perfection' written in black cursive.

*Progress
over
perfection*

PROGRESS OVER PERFECTION

October 3-6, 2024

DAY 1 - CALM DOWN

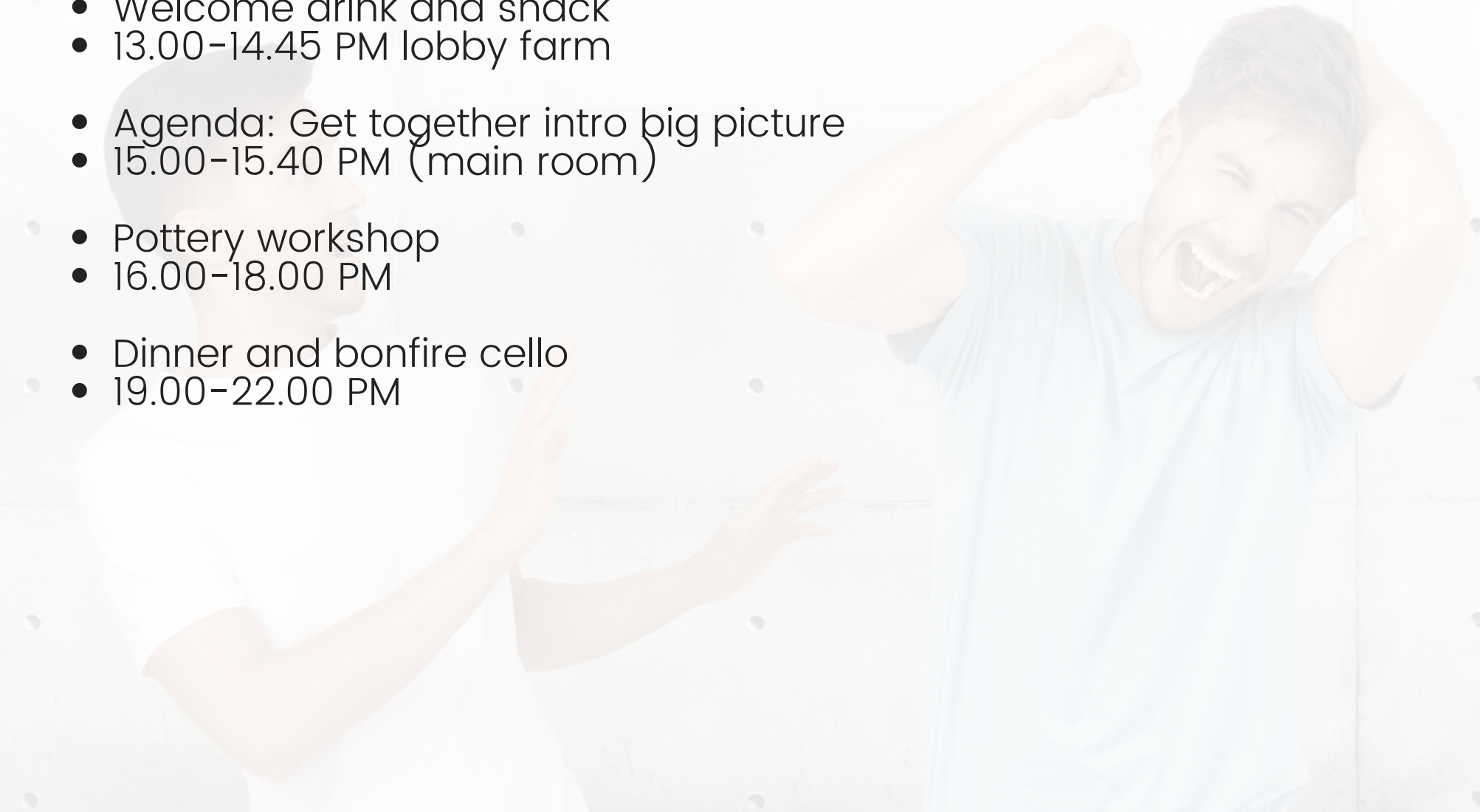


OCTOBER 3, 2024

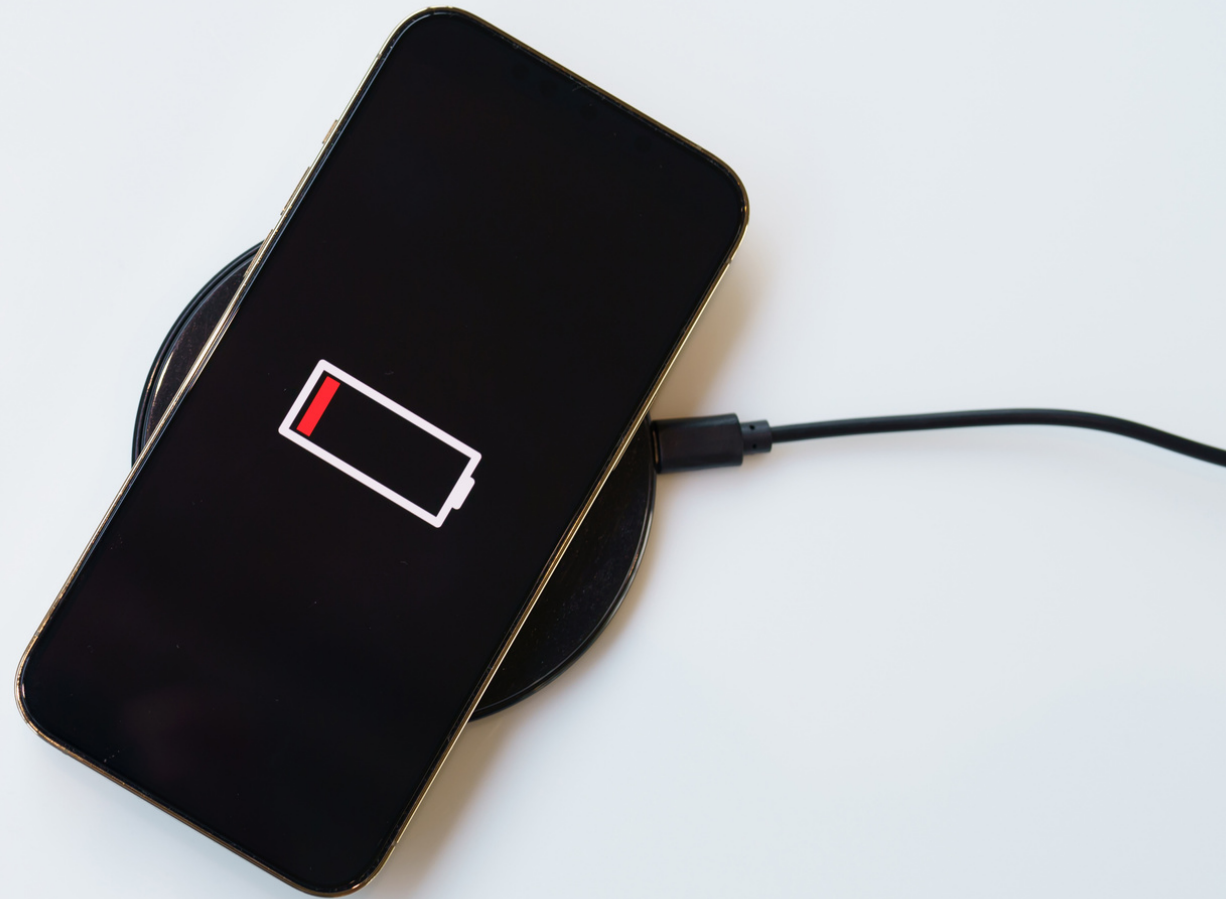
AGENDA DAY 1

THURSDAY – CALM DOWN & FUN

- Welcome drink and snack
- 13.00-14.45 PM lobby farm
- Agenda: Get together intro big picture
- 15.00-15.40 PM (main room)
- Pottery workshop
- 16.00-18.00 PM
- Dinner and bonfire cello
- 19.00-22.00 PM



DAY 2 - REVITALIZE



AGENDA DAY 2

PART I

FRIDAY – REVITALIZE

- Morning stretch and breath work with Kate
- 7.30–8.00 AM

- Energy breakfast
- 8.30–9.30 AM

- The art of creating more time and energy with Deb (main room)
- 10.00–11.00 AM

- Break
- 11.00–11.15 AM

- Recovering perfectionist with Dean (main room)
- 11.15–12.00 AM

- Energizing lunch
- 12.00–13.00 PM

- Relax
- 12.00–13.00

AGENDA DAY 2

PART II

FRIDAY – REVITALIZE

- Take care of your recovery and energy with Mateo (main room)
- 14.00-15.00 PM -

- Relax and enjoy
- 15.00-16.00 PM

- Wine tasting (offsite)
- 16.30-18.00 PM

- Dinner and bonfire guitar
- 18.30-22.00 PM



DAY 3 - GAIN MOMENTUM



OCTOBER 5, 2024

AGENDA DAY 3

PART I

SATURDAY - GAIN MOMENTUM AGAIN

- Morning yoga and breath work with Kate
- 7.30-8.00 AM

- Energy breakfast
- 8.30-9.30 AM

- Confidence by Design with Deb
- 10.00-11.00 AM

- Break
- 11.00-11.15 AM

- Energy Audit (Deb & Mateo)
- 11.15-noon

- Lunch
- noon-13.00 PM

AGENDA DAY 3

PART II

SATURDAY – GAIN MOMENTUM AGAIN

- Free time
- 13.00-14.00 PM
- How to build magnetism and authenticity with Mateo (main room)
- 14.00-15.00 AM
- Free time
- 15.00-19.00
- OnetoOne/selected group to go deeper class(VIP)
- 16.00-18.30 PM
- Dinner
- 19.00-22.00 PM

DAY 4- BUILD YOUR BOLD



OCTOBER 6, 2024

AGENDA DAY 4

SUNDAY – BUILD YOUR BOLD

- Keynote – you can do it!
- 10.15-11.00 AM
- Brunch
- 11.00-12.00 AM
- Key takeaways, next steps, programs + individual statements
- 12.15-12.45 AM
- Picture, hugs, gifts, lunch snacks, goodbye
- 13.00-13.15 PM

The background features a soft-focus image of green palm fronds against a light, hazy sky. The fronds are long and slender, with some showing signs of wear or discoloration. The overall tone is bright and airy.

THANK
YOU!