



Friday

- 3:00 PM Check-In and Connect
- 4:00-5:30 PM Opening Keynote
 - Brad Cooper MSPT, MBA ,ATC, CWC : #Better Than Yesterday!
- 7:00-8:30 PM General Session – Training & Techniques for Your Toolbox
 - Suzanna Cooper LPC, OTR/L, NBC-HWC: “How Values Anchor Choices”

Saturday

- 9:00-9:30 AM General Session – Let’s Grow Together!
- 9:45-10:45 AM Breakout Sessions (Mix and Match Coaching Track “C” or Business Track “B”)
 - Suzanne Brown RDN: From Cookies to Carrots: How Intuitive Eating Inspires a Healthy Relationship with Food (C)
 - Chris Hughes CWC: Strategic Planning for your Coaching Business (B)
- 11:00-12:00 AM Breakout Sessions (Coaching Track or Business Track)
 - Laura Henelund MA, NBC-HWC: Neuroplasticity and the Formation of Habits (C)
 - Creating a Digital Marketing on a Budget (B)
- 3:00-4:30 PM General Session – Let’s learn from each other!
 - Coaching Panel Discussion
- 4:45-6:00 PM Breakout Sessions (Coaching Track or Business Track)
 - Sabryna Liddle NBC-HWC, CPT: The Power of Visualization and Self-Talk (C)
 - Sales, Marketing and Pricing (B)
- 7:00-8:45 PM General Session
 - “My Biggest Secret” – 10 minute TED like presentations by coaches
- 8:45 PM Free Time (Optional Activity: Bonfire!)

Sunday

- 9:00-9:15 General Session - Finishing Strong!
- 9:15-10:15 AM Breakout Sessions (Coaching Track or Business Track)
 - Jamie Cook RN,BSN,NBC-HWC: Propel Your Clients Forward with Strength-Based Coaching (C)
 - Business Q & A (B)
- 10:30-11:15 AM General Session – Let’s get ready to launch!
- 12:30-3:00 PM General Session
 - Coaching Triads!
 - Review/Assess/Launch

Let’s spend 3 hours of time getting renewed and refreshed and complete 2 webinars of your choice once you get back home! Access at www.catalystcoachinginstitute.com

Optional Activities (Individual or Group)

Hiking, Mindfulness walk, Yoga, Running
(Extra Charge: Climbing Wall, Archery, Zip line)

- Saturday or Sunday mornings
- Saturday 1:00-3:00 PM
- Friday night
- Saturday night – Bonfire