



Friday

3:00 PM Check-In

4:00-5:00 PM Opening Keynote

- Brad Cooper MSPT, MBA ,ATC, CWC : #Better Than Yesterday!

5:00-5:30 PM Small Group Introductions

Dinner 5:30-7:00 PM

7:00-8:30 PM General Session – Training & Techniques for Your Toolbox

- Suzanna Cooper LPC, OTR/L, NBC-HWC: “Reflecting on Values as Our Anchor”
- Small Group Activity

Saturday

(Optional: Yoga Flow with Liz 7:00-7:45 AM)

Breakfast: 7:00-8:45 AM

8:45-9:30 AM General Session – Announcements and Icebreaker with Sabryna

9:45-10:45 AM General Session

- Suzanne Brown RDN: From Cookies to Carrots: How Intuitive Eating Inspires a Healthy Relationship with Food

11:00-12:00 AM Breakout Sessions (Coaching Track or Business Track)

- Laura Henelund MA, NBC-HWC: Neuroplasticity and the Formation of Habits (C)
- Sales, Marketing and Pricing with Brad Cooper (B)

Lunch: 12:00-1:30 PM

(Optional: Hike 1:15-2:30 PM)

Free time until 3:00 PM!

3:00-4:30 PM General Session

- 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)
- No Holds Barred Business Q & A with Brad Cooper: From start-up to sales, planning to pricing and everything in between (B)

Dinner 6:00-7:00 PM

7:00-8:30 PM Small Groups

- Activity - Share a Favorite Resource, Tip, Success or Powerful Question

8:45 PM Free Time (Optional Activity: Bonfire!)

Sunday

(Optional: 7:00-7:45 AM Yoga Flow with Liz or Fitness Class with Mary)

Breakfast: 7:00-8:45 AM

8:45-9:15 General Session – Announcements and Guided Meditation

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)
- Social Media and Digital Marketing on a Budget with Jeff Kent (B)

10:30-11:15 AM General Session – Coaching Triads (Part 1)

Lunch 11:30-12:30 PM

12:30-1:45 General Session – Coaching Triads (Part 2)

2:00-2:40 General Session - Take-aways

2:40-3:00 PM Review/Assess/Launch with Brad Cooper

Additional 3 hours of CEC: Choose 2 webinars of your choice once you get back home! Access at www.catalystcoachinginstitute.com