ROCKY MOUNTAIN
COACHING
RETREAT & SYMPOSIUM

Friday September 16th

3:00 PM-6:00 PM Retreat Check-In Opens - Emerald Mountain Conference Room

4:00-5:00 PM Pre-Conference Workshop

Integrating Skills of Emotional Intelligence into our Coaching Practice

Ryann Hierholzer NBC-HWC and Suzanna Cooper LPC, NBC-HWC

5:00-6:00 PM Dinner

6:15 PM Welcome and Orientation to the YMCA grounds (Emerald Mountain Conference Room)

6:30-7:00 Scanning the landscape of the wellness coaching world

7:00-7:40 PM Opening Keynote – Brad Cooper, PhD, MSPT, MBA

- Write Your Story: Journal-lighting Your Way Into (and Through) What's Next?

7:40-8:15 PM Coaching Tips and Best Practices

Saturday September 17th

(Optional: Yoga Flow 7:00-7:45 AM with Liz Brown NBC-HWC, NSCA-CPT, E-RYT)

Breakfast: 7:00-8:45 AM

8:45-9:30 AM Announcements and Common Humanity group activity

9:45-10:45 AM Keynote Speaker – Professor Josie Broussard, PhD

- The Latest Science of Optimal Sleep: Circadian Rhythms, Metabolic Health and More

11:00-12:00 AM Keynote Speaker – Lisa Russell, Storywork Counselor

- Story: How our Narratives Filter our Present Day Lens

Lunch: 12:00-1:00 PM

Free time to rejuvenate – attend the business walk & talk, attend yoga in the great outdoors or join the group hike!

- Optional: Walk & Talk Coaching Business Q&A with Brad Cooper 1:25-2:25 PM
- Optional: Group Hike 1:25-2:30 PM
- Optional: Outdoor yoga with Liz Brown NBC-HWC, NSCA-CPT,E-RYT

3:30-4:30 PM Keynote Speaker – Sabryna Liddle, MS, NBC-HWC, CWWPC

- Mastering Guardrails of Well-being: Integrating Boundaries into a Coaching Session

4:45-5:45 PM Coaching Triad Activity (1)

Dinner 6:00-7:30 PM

8:00 PM Optional Activity: Catalyst Community Bonfire! (yes – smores provided 😊) Main Fire ring

Sunday September 18th

(Optional: 7:00-7:45 AM Yoga Flow with Liz Brown NBC-HWC, NSCA-CPT, E-RYT)

Breakfast: 7:00-8:45 AM (Room Check-out)

8:45-9:00 Announcements and Group Activity

9:00-10:00 AM Keynote Speaker – Dominique D. Hodgin M.A., NE, NBC-HWC

- Nutritional Psychiatry: The Surprising Connection Between Food and the Brain

10:15-11:15 AM General Session – Coaching Triad Activity (Part 2)

11:15-12:00 PM Review/Assess/Launch with Brad Cooper, PhD

Lunch 12:00-1:00 PM

1:15-1:45 PM Group Activity

1:45-2:45 PM Coach Panel Discussion: Q & A on all things coaching!

2:45 – LAUNCH!!

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