



FRIDAY

12:30PM - 2:30PM - Pre-Conference Session: Designing a Vision-Led Business: Aligning Purpose, Pricing & Plan (additional fee & registration required) - Brad Cooper, Suzy Destarac, Leigh Baker

*3:00 PM-6:00 PM Retreat Check-In Opens – **Ram's Horn Lodge** Conference Room*

4:00-5:00 PM – Setting the Stage

- The Power of Connection: Coaching Across Industries & Impact: **Panel - Sabryna Liddle**

5:00-6:00 PM Dinner

6:15 PM Welcome and Orientation to the YMCA grounds (Ram's Horn Lodge Conference Room)

6:40-7:40 PM Brad Cooper, PhD, MSPT, MBA

- **Mountaintop Mindset: Breaking the Algorithm- The Self Beyond the Self**

7:40-8:00 PM Catalyst Connect (small group discussion/integration of topic into coaching)

8:00-8:45 PM **The Power of Intention** Suzanna Cooper NBC-HWC, LPC, OTR/L

SATURDAY

Breakfast: 7:00-8:45 AM

(Optional: 7:00-7:45 AM Dance Fitness with Karen Olsen NBC-HWC in Ram's Horn Lodge)

9:00-9:30 AM General Session

- **Exploration of Afternoon Options for Connection** - Leigh Baker

9:30-10:30 AM Leigh-Ann Webster, NBC-HWC, CPT

- **Coaching in the Wild: How Nature Unlocks Clarity, Connection & Change**

10:40-11:40 AM Dr. Alice Burron

- **The Science Behind How We Make Health Decisions**

11:40-12:00 Catalyst Connect

Lunch: 12:00-1:00 PM

*1:00-3:30 PM: **R & R Time (Rejuvenation & Relaxation)** – business walk & talk, group hike, “Forest Bathing” small group activity, take a nap or create your own adventure!*

- Optional: 1:25-3:00 Streamside Stroll
 - Walk & Talk Coaching Business Q&A with Brad Cooper
- Optional: 1:25-3:00 PM Group Hike (Faster pace mountain hike)
- Optional: 1:25-3:00 PM “Forest Bathing” Activity with Suzanna Cooper

3:30-4:30 PM Laura Henelund NBC-HWC

- **Connecting with and Caring for Your Nervous System: Building Knowledge and Strategies for Relaxation & Resilience**

4:30-4:50 Catalyst Connect

5:05-6:20 PM **Coach/Connect Partnering** Part 1 (Part 2 with same partner Sunday)

Dinner 6:30-8:00 PM

8:00 PM **Catalyst Community Bonfire!** (optional, but smores & stars provided 😊) - Fire ring

Sunday

(Optional: 7:00-7:45 AM Dance Fitness with Karen Olsen NBC-HWC)

Breakfast: 7:00-8:45 AM (Room Check-out – bring luggage to mtg room!)

9:00 AM General Session & Announcements

9:10-10:10 AM Chris Hughes, NBC-HWC

- **Designing for Connection: Creating Well Workspaces**

10:10-10:45 AM Catalyst Brainstorm

10:45 AM Break

11:00 - 11:40 AM **Coach/Connect Partnering** (Part 2)

Lunch 12:00-1:00 PM

1:00 - 2:15 PM Leigh Baker, MPH, NBC-HWC

- **Creativity & Wellbeing: Designing with Nature and Color**

2:15-2:45 PM Review, Assess...

2:45 PM – LAUNCH!!

Contact Information:

Suzanna Cooper 720-339-4292

Brad Cooper 303-521-1570

Leigh Baker 443-480-2123

