



# The Coach's Retreat: A Brave Enough Retreat for Women Coaches

**Date:** June 8, 2023 - June 11, 2023    **Location:** Park City, UT

[www.becomebraveenough.com/be-june-retreat-2023](http://www.becomebraveenough.com/be-june-retreat-2023)

| Time              | Thursday, 6/8/23  |
|-------------------|---|
| 4:00pm - 6:00pm   | Registration & Check In                                     |
| 7:00pm - 9:00pm   | Welcome Reception<br>Food & Drinks                          |
| Time              | Friday, 6/9/23  |
| 7:00am            | Breakfast on Own In Houses (we provide!)                    |
| 8:00am - 9:00am   | Welcome and Intros: Why are You Here                        |
| 9:00am - 10:00am  | What are Boundaries? Defining Different Boundary Buckets    |
| 10:00am - 11:00am | What Boundaries Do I Need? Taking A Boundary Inventory      |
| 11:00am - 12:00pm | Removing Boundary Drama: The Brave Boundary Model           |
| 12:00pm           | Lunch   |
| 1:00pm - 4:00pm   | Deep Dive Work On Own                                       |
| 4:00pm - 5:30pm   | Free Time   |
| 5:30pm            | Happy Hour Signature Cocktail w/ Leah                       |
| 6:30pm            | Chef's Dinner   |
| Time              | Saturday, 6/10/23   |
| 7:00am            | Breakfast on Own In Houses (we provide!)                    |
| 8:00am - 10:00am  | Understanding You: The 9 Types of the Enneagram             |
| 10:00am - 11:00am | Small Group: Why Do I Help People? Enneagram Discussion     |
| 11:00am - 12:00pm | Dealing with Narcissism: How to Avoid the Narcissist Vortex |
| 12:00pm           | Lunch   |

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| <b>1:00pm - 4:00pm</b> | Deep Dive Work on Own                    |
| <b>4:00pm - 5:30pm</b> | Free Time                                |
| <b>5:30pm</b>          | Happy Hour Signature Cocktail w/ Leah    |
| <b>6:30pm</b>          | Chef's Dinner                            |
| <b>Time</b>            | <b>Sunday, 6/11/23</b>                   |
| <b>7:00am</b>          | Breakfast on Own In Houses (we provide!) |
| <b>10:00am</b>         | Check Out                                |