



HIVE Resiliency Retreat Agenda
Self-Care and Sustainability
August 14th - August 16th, 2019

Retreat Location: Feliciana Retreat Center
 10274 LA-422
 Norwood, LA 70761

Retreat Goals:

- Build individual, organizational and movement resiliency
- Develop practices of self-care and resilience
- Deepen awareness around the impacts of oppression & develop practices to heal

DAY 1: WEDNESDAY, APRIL 3 RD	
10:30am	Arrival
11:00am	Welcome, Community Guidelines & Introductions
12:00pm	Lunch
	Leadership in this Moment
	Workshop with IWES
3:00pm	Break
	Closing Reflections
5:00pm	Adjourn – Free time
6:00pm	Dinner
DAY 2: THURSDAY, APRIL 4 TH	
8:00am	Breakfast
9:00am	Welcome & Overview
	Self-Care as a Radical Act of Liberation
12:00pm	Lunch
	Physical Activity
	Your Energizing Practice: 360 Perspective



Leadership Development Program

3:00pm	Closing Reflections
	Adjourn – Free time
6:00pm	Dinner
DAY 3: FRIDAY, APRIL 5TH	
8:00am	Breakfast
9:00am	Overview
	Leadership Application: Peer Learning
11:00am	Break
	What's Next?
	Retreat Review + Evaluation
	Closing Circle
12:30pm	Lunch
	Adjourn