

Monday, August 26, 2019	
8:00 – 9:00am	Registration and Breakfast Welcome! Sign in, drop off your bags and indulge in a delicious breakfast.
9:00 – 9:30am	Welcome and Opening Session <i>Alandra Swan, BEN's Outstanding Teacher 2019</i>
9:30 – 10:15am	The Virtues Project Session 1 – Introducing Five Strategies for Cultivating Character <i>Sally Baines, Virtues Project Facilitator</i> This interactive session introduces us to one another as well as to The Virtues Project.
10:15 – 10:30am	Pause Enjoy a quick break and bite before returning to the next session
10:30 – 11:30am	The Virtues Project Session 2 – Speaking the Language of the Virtues and Recognizing Teachable Moments Learn more about how language shapes character and have opportunities to practice with fellow participants. We will also study the benefits of discerning the life lessons before us each day.
11:30 – 12:00pm	Restorative Yoga <i>Marcia Pringle, FusionWorks Yoga</i> Participants will engage in Restorative yoga; a practice that is all about slowing down and opening your body through passive stretching..
12:00 – 1:00pm	Lunch Enjoy a delicious meal provided by our hosts the Grotto Bay Hotel and Resort as we transition into the afternoon sessions.
1:00 – 2:00pm	“Your Best Self” <i>Jasmine DeSilva NTC, CWWS</i> This interactive session discusses wellness as an essential practice for educators. Participants will learn the skills to find your personal formula for self-care which can alleviate stress and help you to avoid burnout.
2:00 – 3:15pm	Streaming Flow Group Harmony - Spa Treatment and Teacher Wellness Support Groups will be reinvigorated as they are treated to a 30 minute shoulder massage and then briefed on the upcoming teacher wellness support opportunities to be facilitated throughout the school year. Group Serenity - Mindfulness <i>Kim Rego, Mindfulness Coach</i> This session explores and equips colleagues in the tenets of Mindfulness: a practice which involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them — without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment.

3:30 – 5:30pm	R & R The flow continues as participants choose a relaxing afternoon activity to take full advantage of the many amenities the resort has to offer. Colleagues can also have a pool-side chat with other participants or simply take a quick break in their hotel room.
5:30 – 7:30pm	Retreat Sunset Cruise Relax under the late afternoon sun and take in the tranquil ambience as we cruise aboard Ana Luna. Also joining will be the folks from doTERRA essential oil company who will share their wisdom (and samples) of the benefits of essential oils and aromatherapy.
7:30 – 9:00pm	Barbeque Buffet @ Bayside Grill We close out our first day with a fun and refreshing celebration on Grotto Bay's upper beach tier savoring the food and company of each other. There's no rush as participants enjoy the rest of the evening and spend the night in their rooms.

<u>Tuesday, August 27, 2019</u>	
8:00 – 9:00am	Breakfast Start the morning off right with a nourishing breakfast.
9:00 – 9:30am	Mindfulness on the Dock Join Kim as we continue our retreat flow opening our minds and beginning the day with the conscious awareness of one’s self and the surroundings.
9:30 – 10:30am	The Virtues Project Session 3 – Setting Clear Boundaries and Honoring the Spirit Together we will explore how to create Virtues-based boundaries both as individuals and as teams.
10:30 – 10:45am	Pause Enjoy a quick break and bite before returning to the next session.
10:45 – 11:45pm	The Virtues Project Session 4 – The Art of Spiritual Companionship This final strategy involves being deeply present and asking ‘cup-emptying’ questions, allowing one to get to the heart of the matter.
11:45 – 12:45pm	Lunch Time for another indulgent lunch provided by the Grotto Bay Hotel and Resort as we prepare for the final sessions.
12:45 - 1:00 pm:	Room check-out Participants will bring personal bags and overnight items to concierge/retreat specialist.
1:00 – 2:00pm	“Healing Classrooms” <i>Arleen Swan</i> Participants will delve into the impact of students’ life experiences on their behavior to be equipped with the tools to create a more supportive academic environment that help facilitate and promote calmness and continued academic engagement.
2:00 – 3:15pm	Streaming Flow Group Serenity - Spa Treatment and Teacher Wellness Support Groups will be reinvigorated as they are treated to a 30 minute shoulder massage and then briefed on the upcoming teacher wellness support opportunities to be facilitated throughout the school year. Group Harmony -Mindfulness <i>Kim Rego, Mindfulness Coach</i> This immersive session explores the tenets of Mindfulness: a practice which involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them — without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment.
3:30 – 4:00 pm.	Closing Ceremony The journey comes to an end as we close out our wonderful experience of growing and connecting and taking every opportunity to savor the final moments of this retreat experience. <ul style="list-style-type: none"> • Certificate and gift presentations

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| | <ul style="list-style-type: none">• Closing remarks from participants• Group photo• Closing thanks |
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