



# Management Retreat

## January 5-6, 2017



Laguna Marriott Cliffs Resort and Spa, 25135 Park Lantern, Dana Point, CA 92629

### AGENDA

Day 1: Thursday, January 5, 2017

#### Welcome and Update

8:30 – 9:30 am

(Attire: Casual\*)

#### Workshop: Health & Nutrition--Ideas for Busy People

Facilitator: K.C. Kranz

9:30 – 11:00 am

(Attire: Casual)

#### Lunch

11:00 – 12:30 pm

(Attire: Casual)

#### Leadership Development Workshop:

Guest Facilitator—Eric Kaufman

12:30 – 2:15 pm

(Attire: Casual)

#### Break

Snacks will be provided

2:15 – 2:30 pm

#### Leadership Development Workshop (continued)

Guest Facilitator—Eric Kaufman

2:30 – 4:30 pm

#### Hotel Check-In

4:30- 5:30 pm

#### Social Hour

5:30-6:30 pm

(Attire: Casual)

#### Dinner

6:30 – 8:00 pm

(Attire: Business Casual\*\*)

#### After Hours (No-host Bar)

8:00 – 10:00 pm

(Attire: Casual)

# AGENDA

Day 2: Friday, January 6, 2017

(Attire: Casual, all day)

## Yoga for Everyone

Facilitator: Heidi Lockhart

7:00 – 7:45 am

## Breakfast Buffet

8:00 – 9:00 am

## Where Are We?

9:00 – 10:00 am

## Where Are We?

Guest Facilitator—Eric Kaufman

9:00 – 10:00 am

## Break

Snacks will be provided

10:00 – 10:15 am

## Where Do We Want to Be?

10:15– 11:45 pm

## Lunch

11:45 – 1:00 pm

## How Do We Get There—Team?

1:00 – 2:15 pm

## Break

Snacks will be provided

2:15 – 2:30 pm

## How do We Get There—Individual?

2:30 – 4:00 pm

## Next Steps and Survey

4:00 – 4:30 pm

### \*Casual

#### Women

- Sundress
- Long or short skirt
- Khakis, nice jeans, or shorts
- Plain T-shirt, polo shirt, turtleneck
- Casual button-down blouse

#### Men

- Khakis or good jeans
- Cargo or Bermuda shorts
- Plain T-shirt (no slogans), polo shirt, turtleneck
- Casual button-down shirt and/or sweater
- Loafers, sneakers (with or without socks), sandals

### \*\*Business Casual

#### Women

- Skirt, khakis, or pants
- Open-collar shirt, knit shirt or sweater (no spaghetti straps or décolleté)
- Dress

#### Men

- Seasonal sport coat or blazer with slacks or khakis
- Dress shirt, casual button-down shirt, open-collar or polo shirt
- Optional tie
- Loafers or loafer-style shoes, and socks