

# YML Retreat Agenda

## September 18-20, 2015

### Friday, September 18, 2015

Noon to 7:00 pm	Attendees check in to hotel. Dinner on your own <a href="#">Hilton Alexandria Mark Center</a> 5000 Seminary Rd, Alexandria, Virginia 22311
7:00 pm to 9:00 pm	<b>Welcome Suite/Attendee Reception</b> <ul style="list-style-type: none"><li>• Light refreshments served</li><li>• Stop by to pick up your deluxe self-care gift bag!</li><li>• Life coaching sessions available</li></ul>

### Saturday, September 19, 2015

9:00 am to 9:30 am	Welcome/Breakfast
9:30 am to 10:15 am	<b>SESSION 1: Becoming a Powerhouse: How To Get What You Deserve Out Of Life</b> Presented by <b>Tara Pringle Jefferson</b> , blogger, empowerment coach and retreat host
10:15 am to 11:00 am	<b>Table Talks: Identifying Your Stress Triggers</b>
11:00 am to 11:30 am	Lunch/Open discussion
12:00 pm to 1:30 pm	<b>SESSION 2: Living Boldly: Take Back Your Life From Feelings Of Doubt, Uncertainty, And Frustration</b> Presented by <b>Esther Boykin</b> , marriage and family therapist
2:00 pm to 4:00 pm	Life coaching sessions + massage appointments
2:00 pm to 9:00 pm	Free time – to sleep, swim, shop or just relax (hotel shuttle available for local transportation until 10:30 p.m.)
5:00 pm to 7:00 pm	<b>GROUP DINNER (OPTIONAL)</b> Flat Iron Steak & Saloon 808 King St, Alexandria, VA 22314
9 pm until . . .	Pajama lounge featuring cupcakes from Just Baked, a boutique Alexandria bakery, wine, plus games + prizes!

### Sunday, September 20, 2015

9 am to 9:30 am	Breakfast
9:30 am to 10:30 am	<b>SESSION 3: Where Do You Go From Here? Strategies For A Fuller, Happier Life When You Get Home</b> Presented by Tara Pringle Jefferson

10:30 onward

Departures/Goodbyes