



LAKE LOUISE
WELLNESS



Leadership Retreat - Positive Mindset
Sunday, November 22 - Tuesday, November 24, 2020

RETREAT ITINERARY



Sunday

4:00 PM - 7:00 PM | ARRIVAL & CHECK-IN

Shake off your travels and breathe in the beauty around you. You are a mirror for all its magnificence. Take it in...

7:30 PM - 9:00 PM | WELCOME RECEPTION

Enjoy a selection of appetizers and beverages while getting to know Ronna Schneberger and the other participants.

Monday

8:00 AM - 9:00 AM | YOGA FLOW with hotel instructor (optional)

Start off your day of mindfulness feeling energized and inspired with this mindful-flow yoga class. This gentle flow style class is suited for all levels of experience (including beginners).

9:00 AM - 10:00 AM | GROUP BREAKFAST

Enjoy a hearty breakfast.

10:00 AM - 12:00 PM | INTRODUCTION TO POSITIVE INTELLIGENCE (PQ) with RONNA SCHNEBERGER

Discover how the Positive Intelligence system can help you be a better leader by managing stress and anxiety, improving your work-related decisions and performance, and experiencing greater happiness in your life. Learn about your specific Saboteurs and how they keep you from achieving your potential and negatively impact your health and relationships.

12:00 PM - 3:00 PM | LUNCH & FREE TIME

This is your chance to explore beautiful Lake Louise on your own time. Choose from one of the activities listed below. Use your lunch voucher in our Lakeview Lounge or In-Room Dining.

3:00 PM - 5:00 PM | TOOLS TO DEAL WITH YOUR SABOTEURS with RONNA

Learn easy tools to intercept your Saboteurs from hijacking your best efforts and how to engage a sage response that ignites the higher qualities of your mind.

5:00 PM - 6:00 PM | REST & RESET FOREST WALK with RONNA

Your chance to re-center yourself after a full day before joining everyone for dinner.

6:00 PM - 7:00 PM | FREE TIME

A break before before joining everyone for dinner.

7:00 PM - 8:30 PM | GROUP DINNER & INFORMAL Q&As with RONNA

Enjoy delicious, fresh, seasonally inspired cuisine with the group. The culinary team at Fairmont Chateau Lake Louise recognizes your health and well-being as a top priority. We include organic local produce when possible. We do our best to accommodate specialized diets and food sensitivities.



Tuesday

8:00 AM - 9:00 AM | YOGA FLOW with hotel instructor (optional)

9:00 AM - 10:00 AM | GROUP BREAKFAST

Enjoy a hearty breakfast.

10:00 AM - 11:30 AM | THE SAGE PERSPECTIVE TAKING IT HOME with RONNA SCHNEBERGER

Go deeper into activating the Sage perspective and discover how to take it back to work and home. Learn the three gift technique, how to have a positive mindset in the midst of challenging situations.

11:45 AM - 1:00 PM | FOREST WALK with RONNA

Charge the Sage part of your brain with a Forest Walk led by Ronna. One last boost to REST AND RESET your body and brain before you go home.

1:00 PM - 2:00 PM | GROUP LUNCH

3:00 PM | CHECK-OUT

FREE TIME OPTIONS

PAMPER YOURSELF WITH A SPA TREATMENT

Allow our team of spa therapists to take you on a journey of blissful indulgence with premium quality ingredients. Backed by expert knowledge, outstanding technique and gentle character, our team of professionals specialize in more than 20 treatments and services. From a relaxing foot massage, to a luxurious body scrub and facial, treatments are designed to soothe and revitalize and the mind and body. You will emerge feeling refreshed, relaxed and rejuvenated. (not included with retreat package price). Please visit fairmont.com/lake-louise/spa to view a complete list of treatments.

EXPERIENCE A MINDFUL NATURE WALK

This is a chance to truly embrace one of the most beautiful locations on the planet. Venture for a walk on one of our scenic trails. Inhale the fresh mountain air and practice the act of “Forest Bathing”, that is being in the moment and taking in your surroundings with all five senses.

WINTER ACTIVITIES

Check with our Concierge on what activities are available during your stay. Snowshoeing or cross-country skiing might be possible depending on Mother Nature providing enough snow. We have a full service rental shop in the hotel.

ADDITIONAL OPTIONS

Enjoy our pool, hot tub and fitness facilities throughout your stay. Take some time to journal about your retreat experience. Refresh yourself with a healthy, mid-day nap. Or complete any exercises suggested by Ronna in earlier sessions.

We encourage you to experience a digital detox during your stay. Where appropriate, choose to turn off your mobile devices, computers and televisions to really immerse yourself in the transformation of this retreat.