



LAKE LOUISE  
WELLNESS



**Leadership Retreat - Positive Mindset**  
Wednesday, September 22 - Friday, September 24, 2021

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**RETREAT ITINERARY**



## Wednesday

### **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.

## Thursday

### **8:00 AM - 9:00 AM | MORNING STRETCH with hotel instructor (optional)**

Start off your day of mindfulness feeling energized and inspired. This gentle class is suited for all levels of experience (including beginners).

### **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 - 3:30 PM | FREE TIME**

This is your chance to explore beautiful Lake Louise on your own time. Choose from one of the activities listed below.

### **3:30 PM - 5:30 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.

### **5:30 PM - 6:30 PM | REST & RESET FOREST WALK with RONNA**

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

### **6:30 PM - 7:30 PM | FREE TIME**

A break before joining everyone for dinner.

### **7:30 PM - 9:00 PM | GROUP DINNER 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.



## Friday

**8:00 AM - 9:00 AM | MORNING STRETCH with hotel instructor (optional)**

**10:00 AM - 11:30 PM | 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.

**2:00 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)

### **RELAX IN OUR PRIVATE, GUEST-ONLY LOUNGE**

Sink into a comfortable armchair in our newly renovated Living Room. Enjoy a moment to yourself with a tea or coffee in hand. Located above the main lobby.

### **EXPLORE OUTSIDE**

Rent a canoe or e-bike, enjoy a short hike, try a polar bear dip in the Lake... options are endless outside. Chat with our Concierge team about options based on the weather and your interests.

### **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 device, computers and televisions to fully surrender to the transformational power of this retreat.