



Illuminating Veterinary Women's Retreat

Powered by CATALYST Veterinary Professional Coaches

Empowering women & reigniting passion.

Lighting the path to an integrated life.



A quick overview of the dates, times and interactive exercises include:

Values, Vision and Mission Exercise (completed by 3/30)

Individual electronic survey focused on your business, personal values, time management, monthly income, needs (personally and professionally) and identifying your ideal client. Clarity is HUGELY important in transforming the life and career you are creating.

All times are in the Mtn Zone.

Zoom Meeting, 4/2, 5:30-7:00, Values, Vision and Mission Discovery

Evaluate-Update LinkedIn Profile Exercise (completed 4/8)

Zoom Meeting-Retreat, 4/9, 5:30-7:00 Your Authentic-Self, Let is #JustSHINE!

Zoom Meeting-Retreat, 4/10, 5:30-7:00 Leadership Journey #JustBREATH

Zoom Meeting-Retreat, 4/11, Mid-morning The Power of Emotional Intelligence and Love #JustBE

Zoom Check-In, 4/16, 5:30-6:30

April Zoom, 4/30, 5:30-6:30 As an Entrepreneur, Gratitude Changes Everything

Gratitude Challenge-21 Days

May Zoom Meeting, 5/21, 5:30-6:30, Redefine Leadership as a Personal Journey

Create and share a short 3-5 minute video addressing your ideal client and moving to action

June Zoom Meeting, 6/11, 5:30-6:30, Bringing it all Together, #JustSHINE, #JustBREATHE, #JustBE

Packaging your Services

Zoom Check-In, 7/2, 5:30-6:30, Taking a Pulse and Winding it Down

What's Next?