



Virtual Illuminating Veterinary

Women's Retreat

Powered by CATALYST Veterinary Professional Coaches

Empowering women & igniting passion.

Lighting the path to an integrated life.



Your life may be in rebound since the March turmoil. Now, time to regroup, reconnect, and redirect!

We have created a virtual environment that will enrich and support you. We have gathered like-minded veterinary professional women wanting to transform their life and career. We are excited you are considering joining us!

Your Virtual Retreat Gatherings will include informative, engaging presentations given by experienced facilitators. Rebecca, Kate and Sarah are seasoned presenters with hands-on knowledge of working with veterinarians and their teams.

Questions? Feel free to schedule a 15-minute [Zoom Call](#). We look forward to speaking with you!

Keep in mind, the innovative program includes the Retreat Gatherings, interactive exercises, evaluation of your LinkedIn profile, and thought-provoking, tale-telling surveys! You will receive multiple weeks of enrichment, support and connections with other women with similar challenges and frustrations sharing solutions.

As you advance through the various topics, there will be ample time to reflect, consider and implement. PLUS you will be building a valuable support group!

Ironically enough, the tools, systems, branding, messaging and connections you experience during the Virtual Retreat and Meetings are examples for you to use in your career and business. You are encouraged to view everything we do, all the materials we create as templates and innovative solutions. *Embrace all of it!*

With love and light, RR

Meet & Greet Coaches and Attendees **All times are Mtn Time Zone

Social October 6th, 5:00 - 6:00

Introductions, cocktail hour

What to expect, where to find things, Facebook Page engagement

Complete Pre-Retreat Questionnaire

Illuminating Veterinary Women's Retreat

October 8th - Thursday

Morning Pound Pro Workout 6:30 - 7:10

Mindfulness & Gratitude 7:30 - 8:00

Classes 8:00 - 1:00

Gratitude Changes Everything 1 hr CE - Rebecca Rose, CVT & Jamie Davis, CVPM

21 Days of Gratitude

15-minute break

Crafting Values, Vision & Mission- 2 hr CE - Rebecca

Virtual Vision Board Party

October 9th - Friday

Morning Pound Pro Workout 6:30 - 7:10

Mindfulness & Gratitude 7:30 - 8:00

Classes 8:00 - 1:00

#JustSHINE - 2 hr CE - Dr. Sarah Wooten

15-Minute break

#JustBE - 2 hr CE - Equine Partnered Assisted Coaching with Kate

October 10th - Sunday

Morning Pound Pro Workout 6:30 - 7:10

Mindfulness & Gratitude 7:30 - 8:00

Classes 8:00 - 1:00

#JustBREATHE - 2 hr CE- Rebecca Rose, CVT, Certified Career Coach

15-Minute Break

Personal Leadership - 2 hr CE - Rebecca

Provides **11 hours of RACE approved credits** in applicable jurisdictions.

Post Retreat Questionnaire- Where you want to continue to go?

Illuminating Open Forums

October 22nd - Time TBD

November 5th - Time TBD

What's working

Not working

Resources needed

Invite to [VIP Coaching](#) or [Group Synergy](#)