

YOUR LEADERSHIP MATTERS TO SO MANY PEOPLE. HAVE YOU STOPPED LONG ENOUGH TO TAKE IT TO THE NEXT LEVEL?



Join a select group of business owners and executives who will challenge themselves in a room of like-minded people, to think about how to grow their leadership potential and with it, their business pursuits.

Business leaders know that growing a company requires calculated risks, some nail biting and often, the will to challenge others around them to follow the plan. It's important to stay ahead of the trends, make the difficult decisions, create a caring culture, all while standing up to face a more challenging environment.

But the most challenging of all? For many, it's finding the time to step back, destress and invest in yourself to get back to the equilibrium you need to channel your exhilaration!

The **BUSINESS BUILDER RETREAT** will help you with that. It will introduce you to a network of dynamic business builders who want to find and develop valuable new relationships, share ideas and, challenge each other to grow as leaders.

You will truly enjoy the focus is on healthy living priorities and the strategic business decisions required to prepare your business for new opportunities. It's in a gorgeous setting – the beauty of Puerto Vallarta will stun your senses.

This may just be the most important 24 hours you have spent in a long time: come to refresh and refocus and achieve more of the personal and business results you want. Take this rare opportunity to collaborate with other like-minded entrepreneurs, who seek fresh ideas and grounded solutions, facilitated by experts in business growth and leadership potential.

[**REGISTER NOW**](#)

HIGH LEVEL PROGRAM – SEE AGENDA TO FOLLOW

The Business Builder Retreat is based on a 7-step process that will help you attain and fulfill the vision and results you want to grow yourself as a leader and take your business to the next level:

- **STEP 1** – Share your Story
- **STEP 2** – Renew your Passion
- **STEP 3** – Enhance your Leadership Potential
- **STEP 4** – Rethink Your Strategic Plan
- **STEP 5** – Create your Safe Havens
- **STEP 6** – Technology Plus Value
- **STEP 7** – Recreate Your People Power

SATURDAY NOV 9, 2019

4:00 – 5:30 PM

Registration and Badge Pick Up Lobby of the Beautiful Westin Puerto Vallarta.

6:00 – 6:30 PM
Arrecifes Terrace



SUNSET SALUTATIONS ON THE BEACH

Puerto Vallarta has some of the most beautiful sunsets in the world. Take a moment to appreciate the warm glow of the setting sun and the sound of lapping waves while you enjoy a cocktail, contemplate your many successes and your next steps to go beyond.



World-Class Financial Education

6:30 – 8:30 PM



DEAN COCKELL
MFA, CFP, EPC,
Portfolio Strategies



EVELYN JACKS
MFA, DFA-TSS,
President, Knowledge
Bureau

STEP 1: WHAT'S YOUR STORY? THE BBR COLLABORATIVE DINNER

Featuring the best of local cuisine and hosted by Dean Cockell, Portfolio Strategies and Evelyn Jacks, Founder and President of Knowledge Bureau, share your story with other business leaders in an open and welcoming environment.

Thought Questions:
(choose one you wish to speak to)

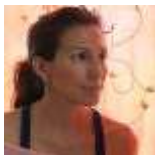
- *What defines you and your business?*
- *The buck stops here: How does your "no excuses" role affect you?*
- *What inspirational message do you have for all of us?*

SUNDAY NOVEMBER 10, 2019

MAKE THE VERY MOST OF THE RETREAT BY COMPLETING AND SUBMITTING THE PRE-WORK BEFORE YOU ARRIVE IN PUERTO VALLARTA AND BE PREPARED TO DISCUSS THE THOUGHT-PROVOKING QUESTIONS WITH YOUR PEERS.

7:00 – 8:00 AM

Westin Yoga Studio



ALMA AGUILAR
Master Yoga
Instructor

STRETCH & KVETCH– Improve your posture and boost your energy with some simple easy to follow stretches that will leave you feeling taller and lighter lead by Master Yoga Instructor Alma Aguilar. Followed by a nutritious healthy breakfast.

8:00 – 8:45 AM



DAN COLLISON
President
Advice2Advisors



STEP 2: RENEW YOUR PASSION

Revisit Your Passion Statement. Sometimes it's lonely at the top but it doesn't have to be. Reconsider: why do you do what you do? Revisit your aspirational passion statement with business leader **Dan Collison**.

Thought Questions:

- *What are you passionate about?*
- *What keeps you from doing the things you are passionate about?*
- *If you could rebuild your passion statement, what would it be?*

<p>8:45 – 9:30 AM</p>  <p><u>JOANNE SIGURDSON</u> Executive Coach & Business Consultant</p>	<p>STEP 3: ENHANCE YOUR LEADERSHIP POTENTIAL Leadership is about Followers. What makes a great leader? Who follows you and why? Challenge yourself to dig deeper and find your leadership potential with executive coach Joanne Sigurdson and author of the Business Leadership, Culture and Continuity Course.</p>
<p>Thought Questions:</p>	<ul style="list-style-type: none"> • <i>Who are the great leaders you admire and why?</i> • <i>What is the one thing you'd like to improve to enhance your leadership potential?</i> • <i>How do you lead into a new economy?</i>
<p>9:30 – 10:00 AM</p>  <p>MARCELLO CASTELLANOS Certified Holistic Health Coach</p>	<p>LEADERSHIP TECHNIQUES: USING ALL OF YOUR SENSES Workplace Essential Oils 101 - Learn about the benefits and properties of two essential oils to reduce anxiety and help enhance your life and work for improved creativity and focus with Marcella Castellanos.</p>
<p>10:00 – 10:30 AM</p>	<p>HEALTH BREAK: Grab an Energy Shot Green juice is a quick way to get an energizing hit of phytonutrients – all those good-for-you vitamins, minerals, chlorophyll and antioxidants. A well-made green juice is full of detox-boosting properties and is a convenient way to increase your consumption of greens</p>
<p>10:30 – 11:15 AM</p>  <p><u>JENIFER BARTMAN</u> Founder & Principal Jenifer Bartman Business Advisory Services</p>	<p>STEP 4: RETHINK YOUR STRATEGIC BUSINESS PLAN Meet the Dilemma of the New Economy Head On. Who is your next client? What do they want? Rethink your strategic business plan by focusing on who you want to serve with Strategic Business Transition Guru, Jenifer Bartman author of the Strategic Business Building Course and Defusing the Family Business Time Bomb</p>
<p>Thought Questions:</p>	<ul style="list-style-type: none"> • <i>Who is your preferred client?</i> • <i>What services do you want to offer your next clients?</i> • <i>What is the mission of your “new economy” plan?</i>
<p>11:15 – 12:00 PM</p>	<p>STEP 5: CREATE YOUR SAFE HAVENS How to Beat Your Competition with Legal Ease. It’s critical that you and your stakeholders operate within safe havens. In a world in which technology, privacy and compliance disrupt sound business practice, learn why understanding business law better can help.</p>
<p>Thought Questions:</p>	<ul style="list-style-type: none"> • <i>Do you have the right contracts in place for your clients?</i> • <i>What improvements do you need to make in engaging staff and contractors for the longer term?</i> • <i>How are you and your business protected from breaches in confidentiality and privacy?</i>
<p>12:00 – 1:15 PM</p>	<p>THE PLEASURES OF HEALTHY EATING – ENGAGE WITH THE CHEF! Is Time Your Enemy? Then It’s Time for “Mindful Eating.” What’s the connection between a healthy body, a healthy economy and a planet healthy? You’ll find surprising answers as you revisit the “new rules” of nutrition and receive a unique, practical model to guide your food selections,</p>

	<p>too! Your “culinary coach” will give you scientific facts and tips on “mindful eating”. You’ll discover a new attitude toward healthy eating, being in the present throughout this pleasurable activity, while you learn more about making more conscious selections for human health and our planetary eco-systems as well!</p>
<p>1:15 – 2:00 PM</p>	<p>STEP 6: MANAGE YOUR FRIEND AND FOE: TECHNOLOGY! Let it Go - Disconnect with Purpose. Modernizing your practice for a new economy means embracing even more IA and enduring more rewiring of your over-taxed brain. To fight this bizarre relationship with your electronic devices, a type of self-inflicted loneliness, learn why you absolutely need to unplug to rest your brain and take back control.</p>
<p><i>Thought Questions:</i></p>	<ul style="list-style-type: none"> • <i>What is the biggest issue in managing change for you?</i> • <i>How can you introduce mindfulness into managing the time you and the stakeholders around you spend with your various devices?</i>
<p>2:00 – 2:45 PM Westin Yoga Studio</p>  <p>LYNETTE SUCHAR Certified Yoga Instructor</p>	<p>LEADERSHIP TECHNIQUES: MINDFULNESS Simply put, mindfulness means to pay attention on purpose in an accepting way. In this session Lynette Suchar will guide you in the practice of yoga nidra helping you learn to pay attention to the present moment as we gently relax and release physical, emotional, and mental tension and stress from the body. By slowing down, we can become more efficient, resilient, and creative in all areas of our lives.</p>
<p>2:45 – 3:45 PM</p>  <p>EVELYN JACKS MFA, DFA-TSS, President, Knowledge Bureau</p>	<p>STEP 7: RECREATE YOUR PEOPLE POWER Integrating Mindfulness with Relationship Management. Why is it so difficult to find the right people to bring happy results in your workplace? It’s a common thread in most businesses today: recruitment is tough. Share your human resources or succession planning concerns with our instructor panel hosted by Evelyn Jacks. You’ll leave with lots of new ideas and a re-energized approach</p>
<p><i>Thought Questions:</i></p>	<ul style="list-style-type: none"> • <i>What is the most frustrating part of the HR equation for you?</i> • <i>How do you empower and motivate your staff?</i> • <i>What results would you like from your HR Plan?</i>
<p>3:45 – 4:30 PM</p>	<p>THE POWER SURGE: Commit to Your Renewed Energy and Zeal for Success!</p>