

Registration Form

Jill Hickman Companies
Women's Wellness Retreat

Host: Jill Hickman Companies Jill Hickman, SPHR
www.JillHickman.com 281-358-8580
Date: November 5-7, 2010
Location: Camp Allen 18800 FM 362 Navasota, TX 77868
www.campallen.org 936.825.7175

Early Bird Registration Discount: SAVE \$100 per person

\$499 per person

REGISTER PRIOR TO AUGUST 15, 2010 FOR EARLY BIRD DISCOUNT

Registration Fee includes:

- Overnight accommodations (Friday and Saturday nights), double occupancy, at Camp Allen. (Single occupancy available at an additional fee)
All meals included (Friday lunch, dinner; Saturday breakfast, lunch and dinner; Sunday breakfast and lunch)
Group workshops
EXPO - showcasing exhibitors specializing in:
Women owned businesses opportunities with everything you need to start your own business AND
Self-care products and services
Books written by women for women
Specialty items - perfect for holiday shopping: jewelry, accessories!
Networking time throughout the retreat to build connections and develop friendships
Door prizes!
Raffle prizes!
BONUS offer for all retreat attendees:

FREE individual half-hour private coaching session with Jill within 30 days of the retreat. With Jill as your accountability partner, you'll ensure a successful start on your journey as you begin implementing action steps, insights and discoveries from your retreat experience.

PLEASE NOTE: A limited block of rooms is available at on a first come, first served basis. Registration does not guarantee a single room accommodation.

Name of Attendee \_\_\_\_\_ Job Title \_\_\_\_\_

Company Name \_\_\_\_\_

Company Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Payment Amount:

\_\_\_\_\_ \$499 per person Early Bird Registration (*on or before August 15, 2010*)

\_\_\_\_\_ \$599 per person, double occupancy\* (after August 15, 2010)

\*After August 15, 2010, please contact Jill Hickman Companies to determine single occupancy availability.

\_\_\_\_\_ \$449 per person, double occupancy\* (The Women's Leadership Advisory Board Partner only)

\* After August 15, 2010, please contact Jill Hickman Companies to determine single occupancy availability.

Method of Payment:      Credit Card      Amex \_\_\_\_\_ VISA \_\_\_\_\_ MC \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Security Number on Card \_\_\_\_\_ (4 digits located on back of card or above card number)

Name on Card \_\_\_\_\_ Company Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Check made payable to: JILL HICKMAN COMPANIES, 1721 Palomino Lane, Kingwood, TX 77339

Policies: No refunds on registrations. All registrations - including "no shows" are subject to the Full Registration fee. Organizations and individuals may substitute one attendee for another to attend at any time prior to this retreat start date.

## RETREAT AGENDA

### Friday, November 5:

**9:00 a.m. - 11:30 a.m. Welcome & Introductions with your host, Jill Hickman:**

Our Purpose

Our Schedule and Events

Special Guest Speaker: Fran Padgett, Founder, The Weathervane Foundation

Group Session: Principles of Self-Care

Sign-Ups for Free Time Activities

**11:30 p.m. - 12:30 p.m. LUNCH**

**Special Presentation, "Organize or Agonize" with Marla Regan of Organized Time.** A time and place for everything equals peace of mind. We have the challenge of too much; too much to do and too many things. Marla Regan of Organized Time gives practical tips on organizing for everyday routines for home, office, paper, and time. This presentation is full of suggestions for organizing your life to experience peace of mind with Organized Time. [www.OrganizedTime.com](http://www.OrganizedTime.com)

**1:00 p.m. - 3:00 p.m. Feng Shui: You Are the Attractor Factor with Katherine Ashby, Feng Shui Professional Consultant, [www.fengshuihouston.com](http://www.fengshuihouston.com)**

If everything is energy, anything is possible. Are you open to a holistic approach for expanding your capacity to receive an abundance of whatever your heart desires? What would it be like living in a house that is so perfect for you that it makes your life easier? It's possible with feng shui, the Chinese art of placement.

The energy of your wardrobe should match your energy vibration – your Spirit. Knowing how to dress your Spirit as well as your body has a significant affect on what and who you attract. Putting a zip in your personal style helps you to understand and love yourself and to relate to others more authentically, dynamically and totally through energy. This workshop is fun!

## **3:00 p.m. – 5:30 pm. FREE TIME**

Room Check-in

**SPECIAL EVENT** in the Chapel: A special once-in-a-lifetime experience, Global Heart Rhythm Drumming will accompany The Labyrinth Walk , a group activity led by Kay Kemp.

Back by Popular Demand!!! Liz Plaster's Global Heart Rhythm Drumming, a research-based group drumming protocol which has demonstrated biological and psycho-social benefits. The drumming circle isn't about drumming - no experience is needed. It is about using the drum for centering, communication, stress reduction and personal expression. . Discover the transformative possibilities of rhythm. Drumming is about being in the present moment, the sustained repetition of the beat drawing you in, relaxing you, mesmerizing you and connecting you to your true self. Breathing and meditation are embedded in each experience. Studies suggested that drumming can help one achieve a greater clarity of thought, a feeling of well-being, physical and mental relaxation, relief from stress and a greater feeling of community. Feel free to use one of the provided drums, or bring your own.

**Liz Plaster**, Founder and General Partner of Positive Performance L.P., co-creates change that matters, within corporate, non-profit and educational settings. She uses a systems perspective merging business, emotional intelligence, wellness and best practices in coaching and education. Her "**Hair on Fire**" *Create with Intention, Live with Impact* approach leads to greater engagement in life and work resulting in bottom line, personal and organization success. Liz, with over 20 years in research and application in human behavior, is certified with the International Coach Federation (ICF), the Six Second's World Wide Emotional Intelligence Network, and is a Certified Behavior and Values Analyst. She is an author, artist, HealthRhythms Drum Facilitator and adjunct instructor at the Carl Jung Center of Houston. [www.lizplaster.com](http://www.lizplaster.com)

## **5:30 p.m. – 6:30 p.m. DINNER & SPECIAL GUEST PERFORMANCE**

Loretta Williams Gurnell is a soul-stirring psalmist, speaker, lyricist and actor. Her refreshing sound and heart-wrenching lyrics soothe the soul while invigorating her audience with engaging stage presence. The Ohio native is reaping the benefits of living a life full of grace and mercy before Christ.

Loretta has sung before political and Christian dignitaries such as State Representative Sylvester Turner at the Heart of Houston luncheon and Bishop Vashti Murphy McKenzie at the 47th National Convention of Delta Sigma Theta Sorority, Inc. in Las Vegas, NV. She has shared stage with some of the entertainment industries finest such as Kim Fields, Joan Rivers, Karen Clark Sheard, The Mighty Clouds of Joy, Ami Rushes, Kathy Taylor, Smokie Norful, and many more.

Starring in the role of Velma in the hit play, *Crowns*, Loretta received rave reviews in the Houston Chronicle and the Houston Press. She's also landed starring roles in hit plays such as *When Momma Prays*, and *He Restoreth My Soul: The Story of Job*. She was also selected for the 2007 Inaugural edition of Who's Who in Black Houston as an outstanding entrepreneur along with Houston's finest such as Beyonce Knowles, Gerald B. Smith, Percy Cruzot-Frenchy's Chicken, Yolanda Adams, George Forman and a host of other prominent movers and shakers in the Houston Black community. Furthermore, Loretta was named 2007 Artist of the Year by the Houston Chapter of the Gospel Announcer's Guild, and the 2008 Texas Gospel Announcers Guild's Artist of the Year.

## **6:30 p.m. – 8:30 p.m. EXPO**

EXHIBITORS

Demonstrations

Door Prizes

Book Signings

RAFFLE!! Wonderful prizes include salon services, gift certificates, paintings, autographed books and MORE!

**8:30 p.m. – 10:00 p.m. Women's L.A.B. Social (exclusive event for L.A.B. Partners only)**  
Wine Tasting at Jill's Cabin  
Group Coaching  
Discussion Books

## Saturday, November 6:

**7:00 a.m. – 7:30 a.m. The Labyrinth Walk – individual**

**7:30 a.m. – 7:45 a.m. Morning Prayer Service in the Chapel**

**8:00 a.m. – 9:00 a.m. The Labyrinth Walk – individual  
BREAKFAST**

**9:00 a.m. – 9:30 a.m. FREE TIME:** Your choice of optional activities

**9:30 a.m. – 11:30 a.m. Creative Self-Expression with Art – Part 1**

Introduction: The Connection Between Art, Communication, and Wellness

Select one of the classes below to create your own masterpiece in mosaics or collage.

**1. Mosaics by Michele Patrick:** Come learn the art of mosaics! This is a hands-on class that provides a basic understanding and the skills for creating beautiful mosaics for your home or garden. Students will make a mosaic mirror to take home. No art or mosaic experience is necessary.

Michele Patrick is a professional mosaic artist and the owner of *Mosaics by Michele*, a custom architectural mosaic business located in Seabrook, Texas and serving the Greater Houston area. [www.MosaicsByMichele.com](http://www.MosaicsByMichele.com) ~As seen on *Extreme Makeover: Home Edition*, April 2010  
~*Mosaics by Michele* will capture YOUR vision with one-of-a-kind, visually stunning mosaics that reflect YOUR distinct personality and taste.

**2. Creative Collage by Kay Kemp:** Creative expression offers itself as the soul's outlet for healing and balance. It is an act of the spirit and is available to each us without exception or limitation. You need only to give yourself permission to explore and play with an open "wild" heart - the place inside you that longs to be set free.

Connect with your innate creativity in an intuitive process of artmaking to create a collage in honor of your experience of well-being. You will be guided and supported in your creative journey and need no previous experience. An array of materials will be provided but if you wish to include items of special significance, we encourage you to gather small items or copies of photos and bring them along.

Kay Kemp, creativity coach and artist, is founder of Wild Heart Art and has been guiding others in finding their true voices of self-expression over the last ten years. She passionately believes that creativity is a spiritual process and is essential to success, happiness and living a balanced life. Kay has woven together art, spirituality, and the skills of coaching to present programs that are designed to ignite your wild heart. Her classes lead participants to explore and experience their own creativity in new ways as they open to the joy and healing it brings.

Kay also devotes her time to creating art that touches the heart and stirs the soul. She finds inspiration in the creative process that she teaches and has received recognition by galleries, publications, and individuals both locally and internationally. [WildHeartArt.com](http://WildHeartArt.com)  
Programs to ignite your wild heart.

[KayKemp.com](http://KayKemp.com)

**11:30 a.m. – 12:30 p.m. LUNCH**

**12:30 p.m. – 3:00 p.m. FREE TIME** Your choice of optional activities, including Croquet and other Yard Games at the Lake with Jill

**3:00 p.m. – 5:00 p.m. Mastermind Sessions at the Lake with Jill**

You'll participate in small groups, reviewing the many challenges faced by women today. Gain the expertise, wisdom, and perspectives of the women in your group to brainstorm action steps, solutions, answers or resources to overcome these challenges. As desired, personal challenges, needs, resources can be reviewed as well. Jill will rotate among the groups to offer her own special guidance, tips and strategies as called for by the situation and circumstance under discussion. In these powerful discussions, you'll reap the benefits of others' ideas, suggestions, resources, techniques, and strategies to address specific situations, problems, issues, concerns or challenges. Leave empowered, energized, and focused on success!

**5:00 p.m. – 5:30 p.m. Evening Prayer Service in the Chapel**

**5:30 p.m. – 6:30 p.m. DINNER**

**6:30 p.m. – 8:30 p.m. EXPO**

Demonstrations  
Door Prizes  
Book Signings  
Raffle

**Sunday, November 7**

**7:00 a.m. – 8:00 a.m. FREE TIME** Your choice of optional activities

**8:00 a.m. – 9:00 a.m. BREAKFAST**

**9:00 a.m. – 11:00 a.m. Creative Self-Expression with Art – Part 2**

Continue the work on your own masterpiece in Mosaics with Michele, Creative Collage with Kay, or Beading with Connie Powers, Jewelry Artist, to create a silver necklace with cross with a matching bracelet and earrings set.

**11:00 a.m. – 11:30 a.m. Check Out**  
**The Labyrinth Walk – individual**

**11:30 a.m. – 12:30 p.m. LUNCH**

**12:30 p.m. – 1:30 p.m. Retreat Conclusion**

Discoveries, Insights & Action Steps  
Letter to Self  
RAFFLE WINNERS  
DOOR PRIZE WINNERS  
Evaluations and testimonials

Continue the benefits of the retreat AFTER the retreat:

1. Schedule your private 30 minute coaching session with Jill (FREE within 30 days of retreat!)
2. Build on your dream with the support of a powerful group of women: Join the Women's L.A.B. to obtain professional development training tailored specifically for women – meet in person, over the phone, and online; receive exclusive invitations to special events; save money with discounts on future retreats and cruise.

*Please Tell Us...*

- I was referred by: \_\_\_\_\_
- Here's how I heard about the program: \_\_\_\_\_



JILL HICKMAN COMPANIES

training | coaching | consulting

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