Thriving Women Leaders Retreat — Draft Agenda

April 4–7, 2027 | Canyon Ranch, Austin, TX

Sunday, April 4 — Arrive & Exhale

Time	Activity
4:00–5:30 pm	Check-in & settling in
5:30–6:15 pm	Optional grounding activity / gentle movement
6:30–8:00 pm	Welcome dinner
8:00–9:00 pm	**Group session**: Agreements & Intentions

Monday, April 5 — Reconnect

Time	Activity
7:30–8:30 am	Optional sunrise movement or yoga; Awe Walk
8:30–9:30 am	Breakfast – your choice
9:30–11:30 am	**Group Session:** Who Am I in This Next Chapter? *Exploring your professional and personal identity.*
11:30 am–5:00 pm Lunch on your own	**Individual executive coaching sessions** **Optional Group Session**: Executive Presence, Influence and Communication **Optional Canyon Ranch Wellness Experiences** **Protected free time**
5:00–6:00 pm	Solitude Time
6:30–8:00 pm	Dinner
8:15–9:00 pm	**Peer Coaching:** Clarifying your aspirations as a leader

Tuesday, April 6 — Reimagine & Choose

Time	Activity
7:30–8:30 am	Optional morning movement or reflective practice; Awe Walk
8:30–9:30 am	Breakfast - your choice
9:30–10:30 am	**Featured Expert Session:** Canyon Ranch health expert on women's health in leadership
10:30–11:30 am	**Group Session:** Resilience, Energy, Boundaries & Sustainable Ambition
11:30 am–4:00 pm	**Individual executive coaching sessions**

Time	Activity
Lunch on your own	**Optional Group Session:** Building trust, tough conversations, navigating complex work environments and difficult stakeholders **Optional Canyon Ranch Wellness Experiences** **Protected free time**
4:00–5:00 pm	**Group Session:** Action Steps to Move Forward in Life and Career
5:00–6:00 pm	Solitude Time
6:30–8:30 pm	**Celebratory final dinner**

Wednesday, April 7 — Continue

Time	Activity
7:30–8:15 am	Optional morning movement or meditation
8:15–9:15 am	Breakfast
9:15–11:00 am	**Group Session:** Closing Circle + Reflections
11:00 am	Check-out

Staying connected beyond checkout: 2nd executive coaching session (virtual), 30-day virtual group reunion & optional peer accountability pairing