



Women in Leadership **Circle of Possibilities** **Beach Retreat**

May 2–4, 2025 | Long Beach Island, NJ

Retreat Overview: Themes & Intentions

The retreat spans three days, from **Friday, May 2nd to Sunday, May 4th, 2025**, at the Beach House and Bay House, Long Beach Island, New Jersey.

Our meeting place will be at Rosy McCann's Beach House:

8 East Bergen Avenue, Harvey Cedars, NJ 08008.

Arrivals are expected from 2-3 pm on Friday. OFFICIAL PROGRAM START TIME IS 3 PM. Please advise if your arrival differs.

Sleeping accommodations will be in the Bay House and the Sun House. All are within half a mile of one another (walkable for those looking to get their steps in) and activities are grouped together to mitigate too much back and forth.

◇ **Day 1: WHY**

Arrivals, introductions, and intention-setting.

We'll kick things off with powerful questions—Why are you here? Who do you want to be? What's working in your life... and what's not?

This day is about grounding, reflecting, and beginning the shift from doing to being.

◇ **Day 2: WHAT & WHO**

We'll explore the friction.

The areas in your life that don't feel aligned. You'll dig into who's in your corner, who you need to become, and what needs to shift for you to live more intentionally and strategically.

Expect aha moments, vision exercises, and clarity.

◇ **Day 3: HOW**

Time to put it into action.

We'll cover goal setting (BHAGs!), intentional planning, and uncover what's been holding you back. You'll sign your self-commitment contract and leave with a personal plan and a community to hold you to it.

Organic meals prepared by holistic nutritionist Rosy McCann will nourish your body, while yoga, breathwork, and meditation will feed your soul.

At-a-Glance Agenda

Friday, May 2 – “WHY”

Location: Rosy's Beach House

- **2:00–3:00 PM** → Arrival & Check-In + Healthy Snacks
- **3:00 PM** → Opening Circle & Intention Setting
- **3:15–4:15 PM** → Group Introductions & Individual Priorities
- **4:15–5:45 PM** → The Power of Three Exercise
- **6:30 PM** → Gourmet Welcome Dinner + Food as Medicine Overview (Rosy)
- **7:52 PM** → Sunset
- **9:00 PM** → Firepit, Free Time, Optional Beach Walk

Saturday, May 3 – “WHAT & WHO”

Morning: Bay House | Afternoon: Bay House | Evening: Beach House

- **5:54 AM** → Optional Sunrise Walk
- **8:15 AM** → Healthy Breakfast
- **9:00–10:30 AM** → Reflection Circle + Power of Three Share-Out
- **10:45 AM–12:15 PM** → “Your 3 Words” + Perfect Day Visioning
- **12:30–1:30 PM** → Gourmet Lunch (Bay House)
- **2:00–4:00 PM** → Calendar Color-Coding & Time Blocking (Bay House)
- **5:00–6:00 PM** → Finalization Exercise: Clarity + Support Tools
- **6:00 PM** → Dinner (Beach House)
- **8:00 PM** → Restorative Yoga + Meditation (TBD)

Sunday, May 4 – “HOW”

Location: Beach House

- **8:00 AM** → Breakfast
- **9:00–10:00 AM** → Clearing Emotional Messes & Creating Intentionality
- **10:15–11:45 AM** → Final Workshops: BHAG Action Planning + Hot Seat Coaching
- **12:30 - 2:00 PM** → Farewell Lunch, Final BHAG Commitments, Summary of Takeaways and Action Items with Group
- **2:00–3:00 PM** → Departures
- *Please note: Check-out at Bay & Sun Houses is 11:00 AM—we will plan accordingly.*

Bay House: 3 East 78th St, Harvey Cedars, NJ 08008

Sun House: 6104 Long Beach Blvd, Harvey Cedars, NJ 08008

What to Pack

- Cozy yoga/lounge wear (layers—spring at the beach can be brisk!)
- Yoga mat (blocks/bolsters optional but encouraged) (provided for those traveling by plane)
- Windbreaker or hoodie
- Flip flops + sneakers
- Beach towel (provided for those traveling by plane)
- Shampoo, conditioner, ear plugs if needed