

CampExperience[™] Network

Fall Retreat – September 17-19 Session Description

Friday, September 17

General Session

Noon

Powerful Panel: Women With Purpose, hosted by Dr. Janine Davidson, MSU Denver President
Dr. Janine Davidson Michelle Barnes Kelly Brough Debbie Trujillo Rep. Naquetta Ricks

Join Janine Davidson, Ph.D., president of Metropolitan State University of Denver and her panel of powerful women who share aspects of their leadership including empowerment, public service, civic engagement, culture, and diversity in leading in today's world and the ever-important self-care aspects of being a woman and leader.

BREAKOUTS

1:30 p.m. & 3 p.m.

Art Playshop- Sunshine & Rainbows with Maria Borrego

Find Inspiration Through Fresh Flowers with Mary Pappas

Let your creative juices flow as you design with these hand picked fresh blooms.

Energy Reading and Assessment with Jen Roth & Cathy Hawk

Your face holds clues to your creative energy. Get your picture taken and see what is next on your journey.

3 p.m.

Sip, Sip, Hooray! Wine 101 with Christi Moon & Nadine Maruszczak

Does walking into the wine section of a liquor store feel overwhelming? Looking for tips on how to read a wine list at the now open restaurants? Hosting a party and want to know what pairs best with your kitchen creations? Look no further. Join Christi Moon of Babylonstoren and Nadine Maruszczak, WSET Level 2 in Wines, on a journey to learn about what's in your glass and tips and tricks for choosing the best bottle every time.

General Session

6:30 p.m.

Peace Starts Here with Eve Hogan

In order to have world peace, we need to have peace in our homes, our relationships and our hearts. Eve will share with you her story searching for peace and the practices that help keep us grounded when the world around us unravels.

Saturday, September 18

General Session

9 a.m.

Creating Your Own Life with Jo Packham

The very definition of CREATIVITY is the act of making new and imaginative ideas a reality. And that is “us” ... each of us and all of us. We not only look at the world in different ways but because of this creative super power we literally have the magic and the power to change and create whatever we can imagine .. to live the life our dreams are made of.

Using your Creative Superpower with Kimberly Smith

Create 2 - 3 greeting cards for sharing over the weekend

BREAKOUTS

10:30 a.m.

Nature, Connection and Health...A Magnificent Combination with Jo Burns

Whether you enjoy getting a little nature under your fingernails or would rather it not touch you...this session is for you. Part nature walk, part forest bathing (yes...that's a thing and no you don't have to get naked) and part sister connection – join us for a delightful walk on MSUD campus and discover how nature is connected to your physical, social and emotional health. (Accessibility Info - We'll be mostly on paved surfaces and standing or sitting in grassy areas. The walk will be between a .25 to .5 of mile there and back to the hotel.)

Healthy Gut Healthy Brain with Gerri Keri

Do you often wonder why you have no energy and can't think straight? Or deal with stomach and/or digestion issues? Discover how the health of the brain and the condition in your gut are connected and affect how you show up in this world.

Fairy Doll Playshop with Violet Rayne

When was the last time you connected with your inner child through laughter and play? Violet promises to deliver a very fun event with lots of laughter, creativity and play as well as allowing you to connect to the fairy energy all around you. She will transform the space into a magical fairy realm. The fairies bring in sparkles, laughter, dance and fun. Bring your inner child and join us for this fun playshop. You will be making a Fairy Doll from flowers, yarn and sparkles. Come and get creative with your Camp Sisters in this fun environment.

Rock Your Relationship with Lisa Stull

Learn all about the Gottman method, the research, and how to improve your relationship. Receive specific tips and tools for maintaining a positive perspective, managing conflict, and creating an amazing sex life.

General Session

Noon

The Sun Still Comes Out in the Winter with Maggie Johnson

Women Helping Women: The Next Generation of Leaders is Now

BREAKOUTS

1:30 p.m.

Mike's Camera Photography Adventure with Jen Jones

Craft Beer is Accessible for All with Laura Bruns

Have you ever wondered what the difference is between a lager and an ale? What about all of those acronyms like ABV and IBU? Are you for certain that you wouldn't like a beer that is dark in color? Maybe you're a wine connoisseur looking to expand your horizons with Colorado's signature beverage? Do you have questions about the craft beer industry or beer in general? If so, this really fun, laid-back, and informative class was designed especially for you.

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Embodying the Divine Feminine with Dr. Deb Kern

Have you seen a woman overflowing with confidence, joy, radiance and feminine power, and you found yourself thinking... "What's her secret?" Her secret is that she's released physical, mental and emotional restrictions that once prevented her from embodying the fullness of her divine feminine and she's been liberated to move through life as her true, radiant self. This is not something achieved by thinking and talking about it. It is an embodied process. Join Dr. Deb Kern for the highly interactive, movement-focused session to shake off stagnancy, release blockages and step into your divine feminine self. please wear comfortable clothes for movement no dance or movement experience necessary!

Life Transformed: 6 Steps to a Future Beyond Your Imagination with Becky Prater

A deeply satisfying journey of personal discovery to help you create a comprehensive action plan to align your life more fully with your values. We will go through a process of know thyself, heal thyself and then, make a plan for your future. In this workshop, we begin by working through a "Know Thyself" workbook. Next, we do a few healing activities. Lastly, we work on the "must haves" and "power intentions" for the aspects of our lives that need shifting.

General Session

3 p.m.

Walking with and in the Spirit of the Camp Sisterhood with Dr. Audrey Boxwell

What you'll learn:

1. Discover how walking improves and deepens spiritual awareness
2. Learn about the connection between mind and body. "When we move our bodies, we move our minds."
3. See how movement:
Decreases stress and depression
Increases cognitive functioning--(lifts the brain fog)
Brings us into a state of gratitude
Reduces fear and anxiety
Help crystallize long-held dreams and goals
Reduces feelings of isolation

General Session

6 p.m.

Rescuing O with Sr Stella Sabina

Nothing whatsoever would have helped us to rescue our trafficked girl O, other than collaborative effort. We sponsored her in school to have an education hoping she would make a difference in her community as well as her country. But before she graduated, she was stolen from us and sold to traffickers. The story unfolded before our eyes like fiction and got stranger and stranger each day. As the story continued to open like what we have metaphorically referred to as a red door, the more we realized the urgency of not only rescuing our own, but also the many who are in bondage. We discovered many inhuman practices along the way that have pushed us to create more awareness about girl trafficking and to act right now.

The Shero's Journey with Dr. Deb Kern

As a woman alive today, you are a vital part of the return of the divine feminine. Wherever you've been holding back in your life, whether in love or leadership, it's time to step forward. The divine feminine is the quality a woman embodies when she lives in full partnership with the energy of the universe, using her intuition and power as her guide. She knows how to shift from being a victim of circumstances to becoming the shero of her own life. The shero serves her dreams. Her old ways of dealing with problems through self-sabotage, resistance, suffering, and

angst fall away to new patterns of purpose, curiosity, understanding, and wholeness. Rather than swimming against the current, she relaxes into the feminine way of surrender and flow. In this presentation, Dr. Deb Kern shares the path of the shero and inspires you to turn your light on and take your shape in the world as a woman who embodies the divine feminine.

Sunday, September 19

General Session

9 a.m.

UPROOT: Your Ultimate Potential Awaits

This keynote will highlight the aspects of the UPROOT curriculum. In it, I will highlight how UPROOT will empower relationships, work, and organizations, opportunities that await you, and personal, professional, and conscious development. Participants will also be given tools that they can use including, Permission to Pause and the ASPIRE method.

A Life on Purpose with Maluwa Behringer

Life is short. A reflection on the small steps you take that lead you on a journey to fulfill your passion and purpose.