

She Shows Up Retreats

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December 4-6, 2013

Check In: 4-6 PM Wednesday, Dec. 4

Check Out: 2 PM, Friday, Dec 6



SHE SHOWS UP is a MOVEMENT to empower women leaders to become authentic, engaged, and intentional as “**SHE SHOWS UP**” through a fully integrated life. As women leaders, we are pulled in every direction. Balancing work and the rest of our lives is a process, not the destination. The destination is to become authentic, engaged, and intentional as we “**SHOW UP**” through a fully integrated life. This retreat is geared for women who strive to be an excellent leader.

Nestled in the rolling hills of the Ohio Amish Country, the Inn at Honey Run is a serene oasis of nature and wildlife, comfort and privacy, casual upscale dining and warm hospitality. Located in Holmes County, within two hours of Cleveland and Columbus, this boutique country inn offers a tranquil retreat, the perfect destination to regain harmony and balance.

Come join the movement of women who want to become authentic, engaged, and intentional as “**SHE SHOWS UP**” through a fully integrated life!

Retreat professional deliverables:

- Clearly define what being an excellent leader means to you and then create a plan to continue to achieve it
- Know your leadership strengths and determine how to focus more on those in your job in order to maximize your team and increase employee engagement
- Be able to better embrace chaos and fail forward to create a healthy environment to propel and sustain your team
- Learn the roots of creating a safe and trusting culture
- Reinvigorate your attitude and outlook in the beautiful serene setting of The Inn at Honey Run
- Spend some time focusing on YOU and how you can better integrate your life to **SHOW UP** for season/time in your life now and in the future
- Meet and interact with other powerful, dynamic women with similar goals and experiences

Retreat personal deliverables:

- Unwind in a relaxing pace for reflection, renewal, and networking with like-minded women leaders
- Relish a 30-minute massage
- Enjoy Executive Chef, Scott Fetty, as he teaches us how to create holiday appetizers with flair
- Learn techniques throughout the event to bring your body, mind and spirit into peak performance
- Spend a private coaching session with one of our facilitators
- Commune with nature in your free time
- Luxuriate in a king size bed all of your own!

Savor the Inn's award-winning cuisine, prepared by the highly decorated Chef Scott Fetty and his culinary team. The menu is specifically crafted to include artfully designed house-made selections to inspire dining guests and create an experience akin with the luxury and serenity of the Inn.



MEET OUR RETREAT FACILITATORS

CINDY J. BIGGS

Co-founder of **SHE SHOWS UP RETREATS**
Certified Professional Coach and Consultant
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Cindy Biggs is a Certified Co-Active Coach who specializes in leadership development, mentoring, professional co-active coaching, board development and governance, strategic planning, merger integration facilitation, and human resource solutions. **Corporations and nonprofits** alike look to Cindy for human resources solutions in order to successfully recruit, orient, evaluate, discipline, reward and retain diverse groups of leaders and employees who add excellence to their organizations. **Individuals, groups, and businesses** seek assistance from Cindy for both personal and professional co-active coaching for their executives, leaders and employees. **Individuals on their own** seek out coaching to fully and vividly engage in all aspects of their life or work that are most meaningful, most compelling, and most alive. Cindy's areas of expertise are Coaching & Mentoring, Strengths-Based Leadership, Employee Retention, Strategic Planning, Diversity and Board Development. Cindy is a consultant/trainer/coach for The Ohio State University – ATI Department of Business Training and Educational Services.



LYNETTE DECKER

Co-founder of **SHE SHOWS UP RETREATS**
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Lynette is a retired United Methodist Pastor with a vision for her next phase in life to encourage and develop business and professional woman to **SHOW UP** for the whole of their lives. Her life's mission is to help people reach their potential. She is not just interested in **WHAT** you do, but **WHO** you are. Lynette used her career as a United Methodist pastor for over 28 years as a platform to energize and encourage those in her sphere of influence. As a visionary entrepreneur with a focus on growth, she has been creative, competent and courageous as Pastor of five different congregations. Lynette has been a motivational speaker, a national workshop/retreat facilitator, an author and creative writer. She has created and produced a series of 3 videos for Small Groups: Love Changes Things, Getting on the Same Page in the Home, and Go, Gifted Ones: Discovering your Personality, Gifts and Passion. Lynette was a Columnist for eight years for the monthly REV Magazine, Group Publishing Co; a columnist for two years for Capital Area North District newsletter "Revitalization is Not for Sissies;" a past contributor for Pastor's Bible, Group/Zondervan Publishing Companies; wrote an interactive Bible Study, One Year Walking with Jesus; and has been a counselor and spiritual coach to hundreds.

EXCLUSIVE EVENT, AVAILABLE TO THE FIRST 23 WOMEN WHO REGISTER!

Registration Cost - \$750, all-inclusive
\$250 deposit due September 1; balance due October 1

Price includes room for two nights, six meals total, all beverages including one glass of wine at each dinner, 5 hours of large group leadership development, free time for networking with others or to work on your professional/personal development plan, one private coaching session, one 30-minute massage, chef's class, evening relaxation event, and yoga/stretching exercises. Price also includes all taxes and gratuities.

To register, email Cindy and Lynette at SheShowsUp@aol.com to tell them you will **SHOW UP!**

Once your reservation has been received, we will personally contact you with specific details for our time together.

For directions and information on The Inn at Honey Run, please visit <http://www.innathoneyrun.com/>
