



FAITH-FUELED LIFE

Refresh, Refocus, Release

A Mastermind Retreat produced by The Rooted Sisters

April 26 - 29, 2024 Big Cedar Lodge Ridgedale, Missouri

Agenda 4/23/24

(Subject to change)

Date	Time	Topic	Speaker	Location
Friday, April 26th	All Day 4:00 pm – 11:00 pm	Arrival/Resort Activities/Spa Check in	Big Cedar Virtual Assistant – TEXT ONLY (417) 547-1222	Big Cedar Lodge-Branson, MO – 190 Top of the Rock Rd, Ridgedale, MO 65739 The Registration Building
	6:00 pm – 8:00 pm	Welcome Reception Appetizers & Drinks		Cedar Creek Room A & B + Outside Patio. Next to the Registration building. 4-6 min walk from the lodges.
Saturday, April 27th	6:00 am – 6:45 am	<i>Optional Bonus Session:</i> Group Personal Training- Upper Body Strength Movements	Debbie Portell Morris Functional Nutrition Coach	Big Cedar Fitness Center
	7:00 am – 7:45 am	<i>Optional Bonus Session:</i> Health & Wellness- Breathwork/Stretching/Devotion	Debbie Portell Morris Functional Nutrition Coach	Grandview Conference Center Lakeview B
	7:45 am – 9:00 am	Breakfast Buffet <i>Optional Bonus Session:</i> Learn how to protein pack your mornings ~ protein lattes, gluten free & protein blueberry banana coffee cake.	 Debbie Portell Morris Functional Nutrition Coach	Grandview Conference Center: Pre-Assembly Hall (outside Lakeview Room A & B) Optional outdoor seating on Grandview Lawn. Lakeview B

	9:00 am – 9:45 am	Welcome/Prayer/Devotion/ Worship	Sarah Guldalian, Lisa Nichols & Kristi Howard	Lakeview Room A&B
	9:45 am – 11:45 am	Mastermind Session	Lethia Owens	Lakeview Room A&B
	11:45 am– 12:00 pm	15 Minute Break		
	12:00 pm– 1:00 pm	Buffet Lunch		Grandview Conference Center: Pre-Assembly Hall with optional seating on Grandview Lawn.
	1:00 pm – 3:00 pm	Mastermind Session	Lethia Owens	Lakeview Room A&B
	3:00 pm – 6:00 pm	Free Time		
	3:00 pm – 4:00 pm	Afternoon Grab & Go Snack Break		Lakeview B
	3:30 pm – 4:30pm	<i>Optional Bonus Session:</i> Wellness Seminar- Why gut health is so important	Dr. Basima Williams Functional Medicine Doctor	Lakeview A
	6:00 pm	Meet in front of Grandview Conference Center Shuttle Departs at 6:15pm	Shuttle Service	Front of Grandview Conference Center
	6:30 pm – 7:00 pm Boarding 7:00 pm – 8:30 pm Dinner	Lady Liberty Dinner Cruise Plated dinner & live music		Long Creek Marina /Table Rock Lake
	9:15 pm	Bonfire Worship/ Fellowship	Kristi Howard & Kelly Boyd	TBD
Sunday, April 28th	6:00 am – 6:45 am	<i>Optional Bonus Session:</i> Group Personal Training- Lower Body Strength Movements	Debbie Portell Morris Functional Nutrition Coach	Big Cedar Fitness Center
	7:00 am – 7:45 am	<i>Optional Bonus Session:</i> Health & Wellness- Breathwork/Stretching/Devotion	Debbie Portell Morris Functional Nutrition Coach	Grandview Conference Center Lakeview B
	7:45 am – 9:00 am	Breakfast Buffet <i>Optional Bonus Session:</i> Learn how to make collagen smoothies & homemade granola and berry coconut yogurt	Debbie Portell Morris Functional Nutrition Coach	Grandview Conference Center: Pre-Assembly Hall optional seating on Grandview Lawn. Lakeview B

	9:00 am – 9:45 am	Welcome/Prayer/Devotion/Worship	Sarah Guldalian, Lisa Nichols & Kristi Howard	Lakeview Room A&B
	9:45 am – 11:45 am	Leaving Your Social Legacy	Emily Chang	Lakeview Room A&B
	11:45 am– 12:00 pm	15 Minute Break		
	12:00 pm	Group photo with shirts!		TBD
	12:05 pm– 1:00 pm	Buffet Lunch <i>Optional Bonus Session: Lunch & Learn- Feeding your body for success</i>	 <i>Dr. Basima Williams Functional Medicine Doctor</i>	Grandview Conference Center: Pre-Assembly Hall with optional seating on Grandview Lawn. <i>Lakeview A</i>
	1:00 pm – 3:00 pm	Mastermind Session	Lethia Owens	Lakeview Room A&B
	3:00 pm – 5:30 pm 3:00 pm – 4:00 pm 3:30 pm – 4:30 pm	Free Time Afternoon Grab & Go - Snack Break <i>Optional Bonus Session: Hike & Learn- Healthy Lifestyle</i>	 <i>Dr. Basima Williams Functional Medicine Doctor</i>	Lakeview B <i>Meet at Grandview conference center by the big fireplace- we'll walk out together to a trail on property.</i>
	5:30 pm	Carpool or Shuttle (14 per Shuttle) to Top of the Rock If you choose to drive yourself, cars will be admitted free of charge with our group name. Self-parking or Valet service available.	To request the shuttle: 417-339-5104 Or request through the APP. Scan QR code or go to this link - https://apps.apple.com/us/app/jm-nature-resorts-shuttle/id1591256515	
	6:00 pm – 7:55 pm	Dinner at Top of The Rock		Wine Cellar Event Room
	7:55 pm – 9:00 pm	Sunset Ceremony Explore grounds/chapel		Wine Cellar Event Room & Patio
	9:00 pm – 10:00 pm	Worship/Prayer	Kristi Howard	Wine Cellar Event Room & Patio

Monday, April 29th	6:00 am – 6:45 am	<i>Optional Bonus Session:</i> Group Personal Training- Full Body Strength Movements	Debbie Portell Morris Functional Nutrition Coach	Big Cedar Fitness Center
	7:00 am – 7:45 am	<i>Optional Bonus Session:</i> Health & Wellness- Breathwork/Stretching/Devotion	Debbie Portell Morris Functional Nutrition Coach	Grandview Conference Center Lakeview B
	7:45 am – 9:00 am	Executive Continental Buffet <i>Optional Bonus Session</i> Q & A Session with Debbie	Debbie Portell Morris Functional Nutrition Coach	Grandview Conference Center: Pre-Assembly Hall with optional seating on Grandview Lawn. Lakeview B
	9:00 am – 9:45 am	Welcome/Prayer/Devotion/ Worship	Sarah Guldalian, Lisa Nichols & Kristi Howard	Lakeview Room A&B
	9:45 am – 11:45 am	Closing Ceremony	Lethia Owens	Lakeview Room A&B
	11:45 am	Closing Comments	Lisa Nichols/Sarah Guldalian	Lakeview Room A&B
	12:00 pm	Box Lunch		Grandview Conference Center: Pre-Assembly Hall with optional seating on Grandview Lawn.
	1:00 pm	Depart [Check out time – 11:00 AM]		