

Retreat Agenda

8:30 – 9:00 am

Registration & Welcome

9:00– 10:15 am

Session 1: Introduction & Vision Activation

The Power of Vision & Clarity

Today is your invitation to reset your spirit, release fear, and reclaim your purpose with clarity and renewed energy.

Why You're Here

What neuroscience and modern psychology teach us about:

- The impact of a clear vision
- The biology of happiness
- Expanding what you believe is possible

Life Assessment

Participants complete a guided assessment to reflect on current alignment in key life areas.

Understanding the Inner Landscape

- The power of belief
- Paradigms that shape behavior
- The nocebo effect (how negative expectations limit potential)
- The power of decision
- Evaluating your vision with intention
- Guided Visualization: “Your Highest Self Calling You Forward”

10:15–10:30am

Break

10:30am–12pm

Session 2: Fear, Neuroscience & Emotional Regulation

How Fear Shows Up in Disguise

- Overthinking
- Doubt
- Burnout
- Control or Withdrawal

10:30pm–12pm

Session 2: Continued

Reframing Fear

Fear and failure as prerequisites for achieving great dreams.

Neuroscience of Fear & Emotional Regulation

How the brain responds to fear—and how to shift the response.

Triumph Steps® Tools

Practical techniques to interrupt fear patterns and move from:

Survival Brain → Empowered Brain

12pm–1:15

Lunch (On Your Own)

A curated list of Beatriz's favorite nearby restaurants will be provided.

1:15–1:45pm

Sound Healing Experience

Sound Bowl Journey with Nefretiri McGriff

Restore the nervous system and reconnect with inner calm.

1:45–2:30pm

Session 3: Becoming the Future You

Aligning Habits With Your New Vision

Science-based tools to reinforce identity and behavioral change.

Affirmations & Emotional Reprogramming

The neuroscience behind affirmations, self-talk, and identity modeling.

Guided Visualization: “A Day in the Life of the Future Me”

Releasing Old Versions of Yourself

Gentle emotional reprogramming to support the next chapter of your life.