

Quick Meeting Summary

Title: ADHD 'Coaches' Retreat? I'll Give You My Thoughts. Come Share Yours.
Date: January 11, 2024 (12:00 PM ET to 12:30 PM ET)
Description: After launching a successful ADHD Women's Retreat (September 2023) our current project is creating rejuvenating retreats for coaches. Stuart shared ta vision for these highly specialized, in-person meetups and invited ideas and input.
Objective: Create a series of highly focused, easily accessible events exclusively for the professional ADHD coach/practitioner community to gather in a motivational, educational and fun environment.

- Create a nurturing, non-competitive, safe and enjoyable retreat that transforms and supports us professionally and personally.
- Offer an agenda that is a well-balanced blend of together-time and free-time.
- Leverage guest speakers, think tank forums, roundtables and workshops to stimulate lively discussions.
- Subject matter can include the challenges we experience & solutions, best practices, entrepreneurship, leadership, marketing, admin and good stewardship.
- Create a unique 'give & take' format empowering coaches to share their expertise , an interactive, hands-on experience.
- Include options to experience fun off-property group activities during, pre & post.
- Proposed kick-off: Downtown Denver, mid-September 2024, 3 days/4 nights.
- We are planning our 2nd ADHD Women's Retreat & 1st ADHD Couples Retreat.
- Some attendee feedback:
 - *Sometimes I feel isolated – this concept resonates.*
 - *I'd absolutely want to share in my area of specialization, which is Polyvagal-informed coaching.*
 - *I am most interested in learning from others, particularly in dealing with challenging clients.*
 - *Fun is mandatory.*
 - *I live in Silicon Valley and have built expertise in using technology to help with ADHD and am happy to share that.*
 - *Consider Vancouver, Seattle, Bellingham (on the water and near the mountains, college town, with lots of outdoor options*

Got Ideas & Input? Let's connect!!! stuart@adhdtravelretreats