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mindpower  
STRATEGIC

# The Power Of RENEWAL

A new mindset for energetic wellbeing  
and burnout protection.

# About Mindpower Strategic



We are a Culture-Shaping firm dedicated to shaping workplace cultures where everyone can thrive. Through a full spectrum of strategy development, fractional leadership solutions, and facilitated learning experiences, Mindpower Strategic is uniquely positioned to help you enrich your culture, engage your workforce, and execute your strategy for a more inclusive, thriving future.

mindset >> behaviors >> outcomes



## Angela Cooper (she|her)

Founder and Principal Consultant

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Angela has over 25 years of business experience leading change and evolving cultures in healthy ways. She founded Mindpower Strategic because she believes in the power of mindset to unlock transformational change. Angela serves as a thought-partner and strategist for forward-thinking business leaders who understand the value of shaping strong cultures and investing in people-centered strategies. She curates unique empowerment experiences for teams and individuals.

# The Retreat

***The Power of RENEWAL: Recharge, balance, and protect energy for what matters most.***

This unique full-day experience was designed to enable high-achieving professionals to center their wellbeing, regenerate energy in meaningful ways, and strategically sustain themselves for the important roles they play at work and at home. The engaging and interactive program introduces the proprietary RENEWAL model for energy management and sustainability. Programming is constructed in a way that activates learning by pairing new insights with easy-to-use practices and applicable tools. Participants will leave with solutions they can use right away to make a powerful impact in their daily lives.

Agenda:

7:30am: Morning Movement Yoga + Intention-Setting

8:00am: Breakfast/Intros + Recenter, Emotions, Nervous System Programming

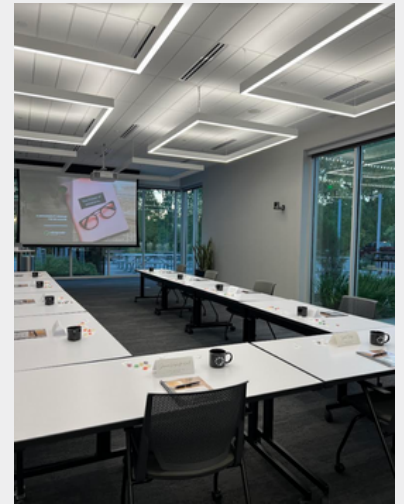
11:00am-12:30pm: Creative Wellbeing Practice and Lunch

12:30pm: Enjoyment, Worthiness, Advocate, Less Is More Programming

3:30pm - Resilience Plans + Reinforcement Tools

5:00pm - 6:00pm: Closing Reception

This powerful program presents a condensed collection of emerging relevant research, experiential best practices, and evidence-based practical solutions for energy renewal, burnout prevention, and resilience-building.



## What People Say

*"What an affirming and empowering experience!"*

*"I was beyond honored and appreciative to be able to participate in this retreat!"*

*"Friends, I cannot recommend this experience enough! Angela creates this beautiful transparent space to connect with new friends and release what weighs you down."*

*"Gift your team, your executives, your self with a day away. I'm still using tools she provided to stay centered. I'm still so grateful for the new friends I met."*

# The RENEWAL Model

Each step of the model represents a set of concepts and techniques you can use to replenish, protect and preserve your energy for what matters most.



# RENEWAL Sessions

## Context:

The RENEWAL framework offers a variety of energy protection strategies.

Each of the 7 components can be facilitated as a standalone workshop or multiple components can be combined to customize the experience and maximize relevance for the audience.

## Renewal Topic Descriptions:

**RECENTER WELLBEING:** Has life been intense? Quiet the chaos around you and choose to listen to the signs your body and mind are sending. You deserve to live with vitality, strength, and energy, and you must claim these things as priorities for yourself.

**PRACTICE EMOTIONAL AGILITY:** We often squash our emotions, but they are actually a source of wisdom. Discover how both positive and negative emotions (even anger, irritation, and resentment) can serve as valuable signals for personal growth and self-awareness.

**TRY NEUROGRAPHIC ART:** This is not your typical breakout session – it's a unique and fun guided artistic experience that introduces an easy art therapy technique anyone can use to release stress, unlock creative perspective, and balance the "fight or flight" response with the healing power of "rest and digest".

**RECLAIM JOY:** Escape the constant demands of life's to-do list. Reconnect with what brings you joy, and give yourself permission to schedule time solely for the purpose of experiencing what is most lifegiving for you.

**BE YOUR OWN BEST ADVOCATE:** Protect your energy by getting good at setting clear boundaries. Learn the art of advocating for yourself with clear, kind, and concise language, and identify boundaries you can start to strengthen right away.

**STRENGTHEN SELF-WORTH:** When you make a mistake, are you self-critical or forgiving? Recognize the destructive impact of perfectionism, learn the power of "satisficing" to optimize your energy, and embrace self-compassion as key to building resilience.

**DO LESS, ACHIEVE MORE:** Working yourself to the brink of exhaustion isn't sustainable. Stop overfunctioning and re-energize with strategic focus. Let go of what's not working and create time and space for what matters most.



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# What You'll Gain



The Power of RENEWAL Program Equips Participants To:

- Create space for meaningful self-discovery and reflection
- Recognize important truths about the nature and consequences of chronic stress
- Engage in focused work to assess sustainability and burnout risk factors
- Practice new techniques for creative stress release and energy management
- Deepen team connections and psychological safety
- Discover useful strategies to maximize personal energy and build long-term resilience

Attendees will receive an exclusive RENEWAL course manual with summarized key takeaways and reference materials including a personal sustainability plan to reinforce their learning.

## Logistics

### Investment

Pricing is based on organizational size and needs. Options available for the full-day retreat experience, 8-week cohort, single workshop module (90-minute avg.) for up to 40 people, or 60-minute keynote for 100+ people. Reach out to ask about customized packages and special nonprofit/small business pricing.

### Format

The retreat is designed with an in-person, interactive learning format including workshop-style facilitation, activity-based practices and writing activities. Virtual facilitation is possible for specific components.

### Space Required

A large, audio-visual equipped space with U-shaped or small group seating and room for movement-based exercises is ideal. Two separate rooms can be utilized for the retreat experience. Zoom is ideal for virtual.

### Support & Tools

Prep meetings to customize activities most relevant for your group.

All retreat/workshop activity supplies provided. (Meals/refreshments not included.)

RENEWAL workbook to guide meaningful reflection, note-taking, and reinforcement.

A special surprise attendee gift is provided to all retreat participants.

# Why Choose Us

At Mindpower Strategic, we have years of experience evolving cultures in healthy ways to be more inclusive and empowering. Our tone and approach are centered in techniques that create psychological safety, draw people in and inspire them to be their best selves. We strive to create transformative learning experiences with meaningful insights and directly applicable takeaways that inspire lasting behavior change.

## Get In Touch



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