

# Connection, Coaching, Conscious Collaboration and **Campfires!**

A retreat that can't be beat!

## The programming you've been looking for is right **HERE**

The Center for Clarity, Compassion & Contentment (Center4C), The Slightly Unmeditated Podcast Channel, and C3 Events present...

### **A Lighter Life Retreat: Tools to re-ignite your inner flame**

**A Lighter Life Retreat** is a customizable coaching retreat perfect for companies and groups.

The goal is to enable your staff to reconnect with themselves and others in a coaching and collaborative environment led by a power team: A compassionate life coach, a slightly unmeditated podcaster, and an enthusiastic meeting planner. The three have teamed up to create the perfect post-pandemic event for you!

Attendees will leave re-energized, inspired, and with tools to support their growth. Within the retreat, attendees will learn essential skills to meet today's stress and increase optimal flow and enjoyment at work. Choose from a menu of fun, and interactive sessions that best fits your retreat goals. Activities include storytelling, mindfulness, and experiences that enable participants to recover from burnout, improve communication, and increase self-awareness and capabilities.



**Professionally facilitated,  
customized for your group  
all with a goal to help you help  
your staff to find their light!**

What happens when a compassionate life coach, an enthusiastic meeting planner and a slightly unmeditated podcaster meet?

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Is your staff..

- burnt out? anxious? overwhelmed?
- in need of inspiration?
- ready to recover their inner strength?
- in need of lightening up?

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The Slightly Unmeditated Podcast Channel,  
and C3 Events present**

**A Lighter Life Retreat:  
Tools to re-ignite your inner flame**

### **Retreat Structure:**

- 1 or 2 day options
- Customizable format
- Time in nature & free time
- Coaching tools
- Team building fun activities
- Inspiration to bring back to the office

### **Customize for your group by choosing sessions:**

- Mindfulness / Meditation
- Self-Awareness
- Anxiety Relief
- Stress Reduction / Fun Creation / Innovation
- Campfire Connections
- Burnout Recovery



### **Your Guides:**

**Kim Perone, Center4C**, a compassionate coach and mindful mentor with a soothing storyteller voice.

**Tisha Tolar, Slightly Unmeditated Podcast**, a delusional optimist, producer and podcaster, who is clearly magical.

**Brigitte Connors Mare, C3 Events**, a meaning making meeting planner extraordinaire.

**BOOK TODAY TO ENSURE AVAILABILITY**

Contact Brigitte Connors Mare at  
(518) 852-8850, [b@C3connors.com](mailto:b@C3connors.com)

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## Agenda

Want to **feel great** while accomplishing  
**great work** this year and beyond?  
**Here's how...**

### Day 1

11:00am Welcome  
12:00-2:00pm Lunch and Retreat Opening Session Re-Igniting a Flame  
2:00-3:30 Afternoon Session (Choice 1)  
4:00-5:00 p.m. Games (Choice 2)  
5:00-6:30 Free Time / Enjoying Nature  
6:30 -8:00pm Dinner  
8:00-10:00pm Campfire Conversation

### Day 2

8:00-8:45 a.m. Breakfast  
9:00am-9:30 Morning Session (Choice 3)  
9:30-10:30 Morning Movement (Choice 4)  
Break  
11:00 - noon Morning Game (Choice 5)  
noon - 1:00pm Lunch  
1:30-2:00pm Centering - (choose meditation)  
2pm-3:30 Wrap up session with exercise (Choice 6)  
3:30pm Sharing of Inspirational Gifts & Goodbyes



#### Session Choices:

- Storytelling / Narration
- Beware of False Tigers
- Foundations of Wellbeing
- Mindfulness for Stress Reduction
- Meditations (Lake, Mountain, Walking, Body Scan)
- Connect with your Inner Teenager
- Navigating Authenticity, cultivating Vulnerability and emerging Courageous
- Team Building Games

#### What attendees learn:

- How to find meaning in work at every level
- Stress reduction techniques
- Essential tools to support mental health
- How to help themselves, their teams, and families find clarity
- How to keep the flame of inspiration alive

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# What happens when a compassionate life coach, an enthusiastic meeting planner and a slightly unmeditated podcaster meet?

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### Your Facilitators



**Kim Perone, MA, CLC, CWMF** is a Success Coach, Wellbeing Consultant, Certified Workplace Mindfulness Facilitator and founder of **The Center for Clarity, Compassion & Contentment (CENTER4C)**. Kim works with business professionals and organizations offering a coaching form of employee assistance. This compassionate coaching, which meets individuals where they are and teaches essential skills for today, supports leaders, teams, and families to grow and thrive. Kim is a Certified Life Coach, with an Master's degree in Organizational Communication, Certified Workplace Mindfulness Facilitator (CWMF), a Certified Grief Educator, author of [Finding Your Center: The Case for Clarity, Compassion & Contentment](#) and podcaster of Find Your Center with Life Coach Kim Perone. **Kperone@center4c.com, (518) 301-3593, www.Center4c.com.**



**Tisha Tolar, Writer, Creator & Podcaster, Slightly Unmeditated Podcast Channel**  
Tisha is a freelance writer and an optimist to the core. Tisha initially worked as talent manager for musicians, even scoring a credit on a multi-platinum selling album. She then spent several years figuring out what she wanted to be when she grew up and finally hit the jackpot as a freelance writer in 2007. Tisha is the creator and producer of the Slightly Unmeditated Podcast Channel, which started out as an individual podcast in 2021 and has grown into a collection of resources to help others find all the SELFS - self-compassion, self-awareness, self-love & self-motivation - all in the name of self-improvement. The channel has been heard by people in 2,459 cities in 113 countries and, since its inception, has charted on Apple Podcasts in the United States and 16 other countries. **goodvibes@slightlyunmeditated.com, (570) 590-8468 www.SlightlyUnmeditated.com.**



**Creating consistent podcast content based on their own curiosities and life questions has inspired Tisha and Kim to bring what they've learned to others offline - to connect in-person with those who are open to learning more about themselves and others. Their mission is to bring self-awareness tools to the mainstream in an accessible, relatable way.**



**Brigitte Connors Mare** is an experienced hospitality executive, skilled in management of multi-faceted, national and regional trade shows, hospitality coaching, and business development for over 40 years. Formerly owner operator of two meeting planning businesses with a desire to help others. Brigitte has helped her clients, which have included major corporations, regional and national associations and charitable organizations, conduct engaging and meaningful events. Member of Empire State Society of Association Executives (ESSAE), Meeting Planners International (MPI) (Founding Board Member MPINENY), MPI Small Business Achievement Awards, Certified Master Connections Hospitality Coach, Worldwide Women's Association. **Brigitte Connors Mare at (518) 852-8850, b@C3connors.com.**

**Brigitte looks forward to helping you create the perfect event for your company/group.**

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# How Can We Help You?

## What your staff might be feeling:

Stress / Burnout  
Overwhelm  
Post-pandemic fatigue  
Mental overload  
Suffering  
Anxiety  
Fear / Grief  
Lack of Self Confidence  
Blunted or Distant emotions  
Disconnection with work  
Mid-life distress  
Lack of creativity  
Drained energy

## How we can help:

We are collaborators at heart! We offer a number of different sessions that address modern stress, help alleviate suffering, and reinvigorate individuals.

## Resources:

We draw from psychology, neurobiology, sociology, coaching, mindfulness, and other research to create engaging sessions.

**Your choice of sessions allows you to customize your retreat.**

## Sessions to Re-Ignite the Light and Inspire:

Who are You? Navigating Authenticity  
Mindfulness 101  
More Mindfulness  
Inner Teenager  
Resilience: Hero's Journey  
Wellbeing @ Work  
Meaning Making  
Beware of False Tigers (an antidote to stress)  
Finding Your Magic  
Lighting the Flame of your Inner Guidance  
Book Chat  
Easy Poetry to Explore  
Journaling  
Story Telling  
Live by Design (not default)  
Walking Meditation  
Mountain Meditation  
Lake Meditation  
Body Scan Meditation  
Vision Board  
Art  
Tai Chi  
Dance  
Improv Activities  
Games  
... and more!

**We appreciate the messy human experience. In retreat, we reconnect with ourselves, others, our work, and the world.**