

# Virtual Retreat Leader Training Experience

Create and Lead Your First Virtual Retreat with Ease

## Welcome and Introduction



# Virtual Retreat Leader Training Experience

## An Introduction

with Karen McMillan, YINpreneur™

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# welcome

Hello Awesome Retreat Leader!

Gratitude for sharing the gift of retreat with others.

I am honored to be your guide on this journey to create your first virtual retreat.

My mission, to help you share your message with more people, profit, and ease.



with Karen McMillan | YINpreneur™

you are

- \* Beautiful
- \* Unique
- \* A natural leader
- \* Able to do this



# my intention

This experience is about retreat and renewal.

Part of my mission is to help you **hold personal retreat space** as we work and plan this experience for you, and your community.

At any time, feel free to **let me know if you are feeling confused, overwhelmed**, or simply need to take a breather.

My wish for you, is a **joyful and profitable experience, inside and out.**



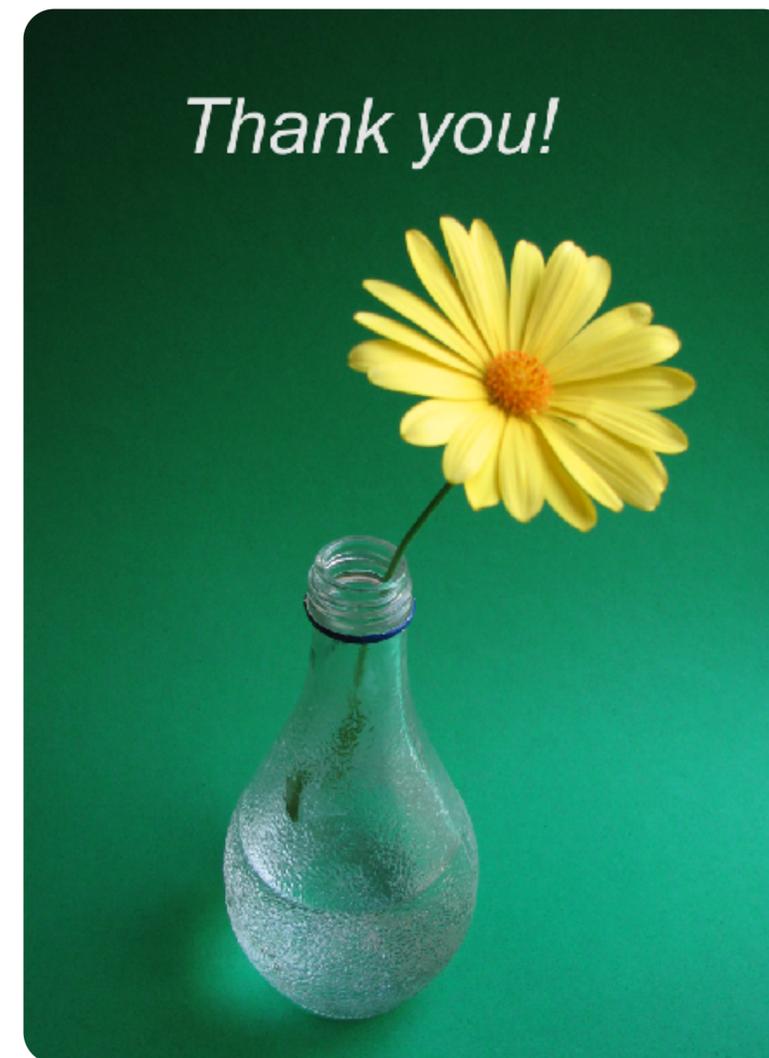
# guiding principle

K.I.S.S.

**Keep It Simple and Sacred**

*Start simple and grow as you go*

*Thank you!*





The elements created for this journey are intended to help you get your **mind and heart** around what you wish to bring to the world, and to your community of retreat attendees, with joy and ease.

# way of working and being

As we move along the paths of this journey, I invite you to embody a few guiding principles. These principles are about a way of being and working:

- \* An **open mind**
- \* **Patience and kindness** – for yourself
- \* **Slower movement** - with intention
- \* Choose **curiosity** over judgment
- \* **Smile. Laugh. Invite fun.**

• *Remember to breathe*

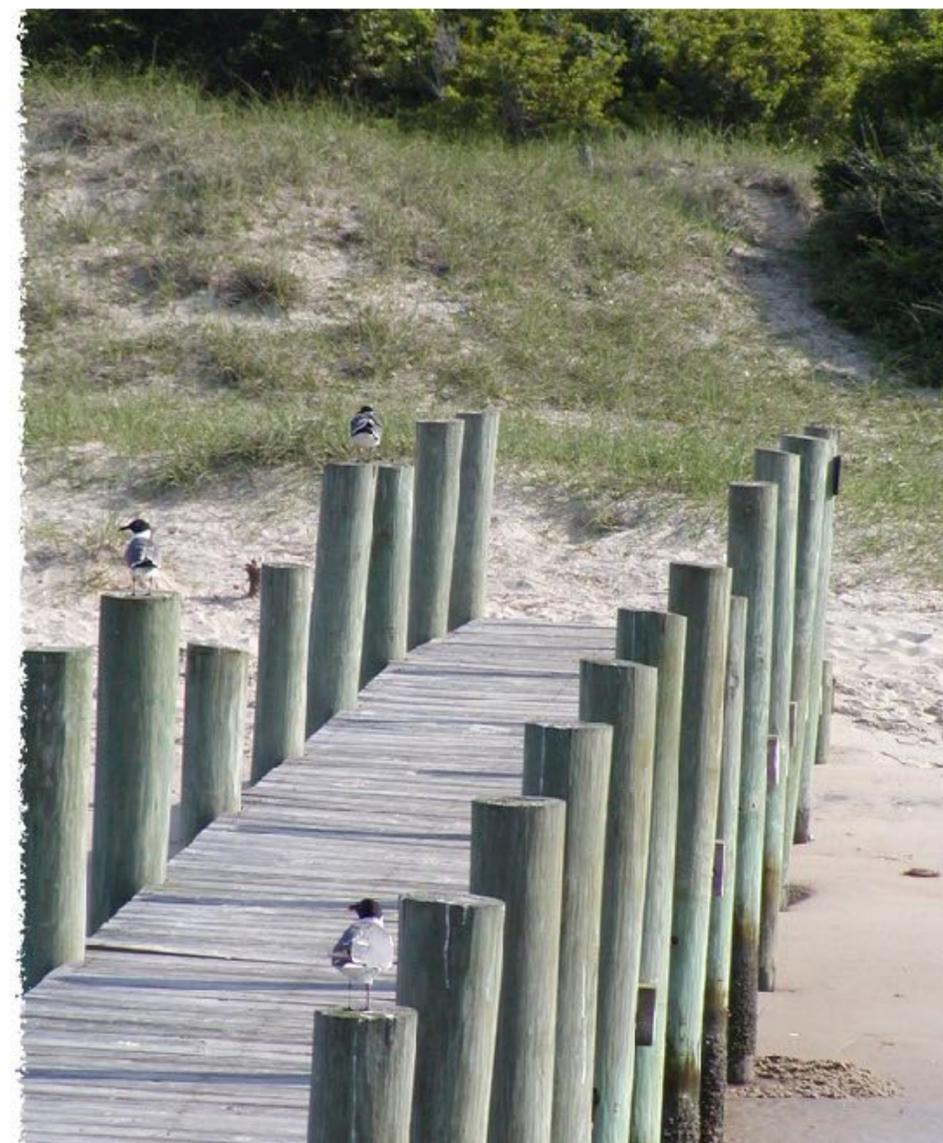
# the learning experience

- \* Videos (with audios & slides)
- \* Field Guides
- \* Playbooks
- \* Playsheets & Blueprints
- \* Interactive worksheets (Excel)
- \* Live group gatherings (Facebook, Mastery Mastermind)

# start where you are

At the start of your journey, you are on the path of **visioning**, not hardcore creating. The vision can live without the knowing about the how-to-achieve it. That will come later.

This is **not a race or competition**. Feel free to leave blank those questions you are not ready to answer, sit with them and allow the answers to come to you, or bring them to our group gatherings.





As you move to complete the pages **take a breath** and answer the questions or prompts as you feel ready.

**Feel free to stop**, and return to a page, module or unit as it fits your goals and desires.

# ways to play with the field guides & playbooks

- ▶ Open and edit in an **app** such as UPad, Notability, Adobe or pdf-notes (all devices)
- ▶ Print and organize the pages of the Field Guides and Playbooks in a **binder**.
- ▶ Print the playsheets and use **pen, pencil or colored pencils** to enter responses (have fun with it)
- ▶ Enjoy the blank **journaling pages** in the printed playbook to create your own unique notes and visuals
- ▶ **Use your own separate journal** to write, draw, or cut & paste your replies and vision work

***Whatever you decide is perfect for you.***

# stay the path

Falling off the path results in your gifts not being shared with the world.

**DO NOT GIVE UP!**

The world deserves to receive your gifts.

Be patient. Breathe. Stay the path and practice self-care and retreat as you plan your own retreats.



# to fully enjoy this experience

*I invite you to:*

- \* Light a candle
- \* Put on some music
- \* Take a breath and just be as you feel your way into your creation and your unique voice.



# flow & create with ease and joy

