

BLACK WOMEN LEADERS RETREAT AGENDA



**MALLORCA, SPAIN
OCTOBER 28- 3RD NOVEMBER, 2019**

AGENDA RETREAT

THE BLACK WOMEN LEADERS RETREAT PROVIDES A UNIQUE, LUXURY EXPERIENCE FOR BLACK WOMEN TO CULTIVATE PEACE AND SERENITY.

AVAILABLE:
1:1 coaching sessions,
massage and reiki
treatments(to be
scheduled)

Workshops lead by
hosts Avalaura and
Althea (October 29th,
30th, and November
2nd))

MONDAY OCTOBER 28TH

4:00 PM

Welcome Reception

6:00 PM

Dinner

8:00 PM

Intention setting workshop

TUESDAY OCTOBER 29TH

7:30 AM

Morning Yoga Flow and
Meditation

9:00 AM

Breakfast Served

Free time

12:00 - 1:30 PM

Lunch

2:30 - 4:00 PM

Black Women Leader's Salon:
How to connect and Foster
Sisterhood over Competition

6:00 - 7:30 PM

Dinner

Free time

WEDNESDAY OCTOBER 30TH

7:30 AM

Morning Yoga Flow and
Meditation

9:00 AM

Breakfast

Free time

10:30 AM - 12:00 PM

Salon 2

Who are you Outside of your
Titles: Remaining Authentic While
Having to Code Switch

1:00 - 2:30 PM

Lunch

3:30 - 4:30 PM

Sharon Beason: My
Entrepreneurial Journey: How I
started Womeneur.

Free time

6:00 - 7:30 PM

Dinner

Free time

THURSDAY OCTOBER 31ST

7:00 AM

Morning Yoga Flow and
Meditation

8:30 AM

Breakfast

11:00 AM

Departure for Palma de
Mallorca

Lunch in Palma de Mallorca

Dinner in Palma de Mallorca

FRIDAY NOVEMBER 1ST

7:30 AM	Morning Yoga Flow and Meditation
9:00 - 10:30 AM	Breakfast Served Free time
12:00 - 1:30 PM	Lunch
2:30 - 3:45 PM	Nicole Roberts Jones Does Having it All Really Exist? Free time
6:00 PM	Dinner
8:00 - 10:00 PM	Pajama Headwrap Dance Party

SATURDAY NOVEMBER 2ND

7:30 AM	Morning Yoga Flow and Meditation
9:00 AM	Breakfast Free time
12:00 - 1:30 PM	Lunch Free time
5:00 PM	Farewell Dinner
7:00 PM	Salon 3 Femininity Salon - How to be Soft Without being perceived as weak. Vulnerability vs. Strength

SUNDAY NOVEMBER 3RD

6:30 - 8:00 AM

Morning Yoga Flow and
Meditation

8:30 - 9:30 AM

Breakfast

10:00 AM

Departure

SELF CARE SALONS

CREATED BY Avalaura and Althea.

1. BLACK WOMEN LEADERSHIP SALON

How to Connect & Foster Sisterhood vs Competition

2. WHO ARE YOU OUTSIDE OF YOUR TITLE?

Remaining Authentic while Having to Code Switch

3. WORK/LIFE BALANCE SALON

Creating Boundaries Before Burn Out.

Group Exercise/Workshop for Farewell Dinner

FEMININITY SALON

How to be soft, without being perceived as weak. Vulnerability vs Strength



A circular portrait of Avalaura Gaither, a Black woman with a warm smile. She is wearing a vibrant green headwrap with purple and red patterns, a bright pink top, and a necklace of large, round, gold-colored beads. The background is a soft, out-of-focus orange and yellow.

AVALAURA GAITHER, MSW, LGSW

Intuitive Consultant. Life Coach. Keynote Speaker helping you Embrace all that you are for your most incredible life. CEO of Avalaura's Healing Center

Avalaura is a Licensed Graduate Social Worker who holds a Bachelor's Degree in Psychology and a Master's Degree in Social Work from Howard University in Washington, DC. Additionally, she is a trained Reiki Master/Teacher, Certified Life Coach and Spiritual Counselor, Hypnotherapist, Holistic Aromatherapist and Yoga Instructor.

"I work with people who feel called to do big, great and meaningful work in the world and for whatever reason, they're either not doing it or worse, they're doing it unfulfilled.

A circular portrait of Althea Bates, a Black woman with short, curly black hair. She is wearing a black blazer over a black top with a red and black striped scarf. She is resting her chin on her hand and smiling. The background is a plain, light gray.

ALTHEA BATES

CEO and Founder of Project Resiliency, CEO of A. Bates Consulting, Author, Resiliency Coach, Motivational Speaker, Womenpreneur.

Althea Bates has worked in social services and workforce development for over 16 years. She is a Jamaican native, an entrepreneur, a professor/lecturer, a nonprofit leader and a champion for women empowerment issues.

In August of 2016, Althea launched and founded The Project Resiliency Movement and The #ResiliencyConference2016 which started with a vision by the founder to support women in embracing the fact that they don't always have to be strong.

KEYNOTE SPEAKERS



“AUNTY” SHARON I’M NOT YOUR AVERAGE MENTOR, EITHER!

I’m Sharon Beason, and honestly? I’m just like your real life Aunty. You know the one. She tells it like it is and isn’t afraid to give you the dose of tough love that you know you really needed. She sees the best in you, and she’s not about to let you settle for anything less.

I’m the no-nonsense Aunty for your business.

I founded Womeneur in 2015 to find women just like you, who are searching for a supportive community that speaks to them and supports their growth. I saw how overwhelming the sea of online resources can be, and how so many claim to offer advice for emerging entrepreneurs but don’t follow through with a roadmap to success. No one was helping anyone find clarity. Nothing was providing actionable steps. I knew I could do better, so Womeneur was born.

NICOLE ROBERTS JONES

Nicole Roberts Jones is the founder and CEO of FIERCE Factor Lab, where she works with entrepreneurs to create multiple streams of income from what they already know. Additionally,

she works with corporations to ensure that their executives and middle managers step into the true power of their gifts and talents at work. She is the author of four books, the most recent being Find Your Fierce.

