

HOURLY SCHEDULE

Day 1: Arrival and Connection

9:00 AM - 2:00 PM

Arrival Window

Check-In & Welcome Reception

2:00 PM - 2:45 PM

Welcome Keynote & Orientation

Mini Keynote, Rules & Tour

2:45 PM - 3:30 PM

Advanced Goal Setting for High Achievers: Refining Your Approach to Drive Exceptional Results

Drawing from insights gained through conversations with over 10,000 people about their commitments, this session explores the anatomy of a promise—from its inception to its fulfillment or failure. Participants will learn to identify key stages where goals often falter, uncover the psychological and practical barriers to success, and develop strategies to create more resilient and actionable commitments in both personal and professional life.

3:45 PM - 4:45 PM

Limited Beliefs: Identifying the 4 Negative Thinking Patterns

Discover the four most common thinking patterns that quietly limit potential and hold people back from progress. In this session, participants will learn to spot these patterns, challenge their validity, and create room for growth and opportunity.

4:45 PM - 6:00 PM

Break & Optional Activity

Escape Room Optional: Work together to solve puzzles and race against the clock while strengthening teamwork, communication, and problem-solving skills.

6:00 PM - 7:00 PM

Gourmet Dinner by Private Chef

7:00 PM - 8:30 PM

Optional: Networking with Live Guitarist at Camp Fire

Enjoy live music while connecting with fellow attendees.

Day 2: Leadership Workshops & Activities

7:30 AM - 8:15 AM

Gourmet Breakfast by Private Chef

8:30 AM - 9:30 AM

Mastering Time Management: Tools for Productivity

Enhance your productivity and efficiency with proven time management techniques tailored for professionals. This workshop delivers actionable strategies to prioritize effectively, streamline workflows, and achieve organizational and personal goals with greater focus and control.

9:45 AM - 10:45 AM

Stress Management: The Basics of a Resilient Mindset

Learn foundational techniques for maintaining mental strength during challenges.

10:45 AM - 11:45 AM

Fireside Leadership Discussion with Alex Sheen

Join Alex Sheen, founder of because I said I would, for an intimate and engaging discussion on leadership, accountability, and the power of commitment. Drawing from his global experiences and impactful stories, Alex will share insights on navigating challenges, inspiring teams, and fostering a culture of resilience and trust.

12:00 PM - 1:00 PM

Gourmet Lunch by Private Chef

1:00 PM - 2:00 PM

Leadership Habits Among Peers: Shared Insights on Pressure, Choices, and Performance

An immersive leadership experience with stories about commitment and accountability along the trail. (weather permitting)

2:15 PM - 3:15 PM

Creative Problem Solving: How to Find Options in High-Pressure Situations

A practical leadership session focused on making thoughtful decisions under stress. Participants will learn simple tools to move beyond reactive thinking, uncover new options in difficult moments, and approach challenges with clarity, accountability, and resilience.

SPEAKERS: Gregory Benedikt

3:30 PM - 4:15 PM

How to Tell a Story: Tips and Tricks on Presenting Leadership Lessons

4:15 PM - 4:45 PM

Team Building

4:45 PM - 6:00 PM

Escape Room

Work together to solve puzzles and race against the clock while strengthening teamwork, communication, and problem-solving skills.

6:00 PM - 7:00 PM

Gourmet Dinner by Private Chef

7:00 PM - 8:00 PM

Optional Activity

Day 3 Leadership Workshops & Activities

7:30 AM - 8:30 AM

Gourmet Breakfast by Private Chef

8:30 AM - 9:30 AM

A.I.-Powered Leadership: Best Practices for Tomorrow's Leaders

Discover how to harness the power of AI to become a more adaptive, insightful, and effective leader. This workshop provides actionable insights and hands-on experience with AI tools that empower leaders to make data-driven decisions and inspire their teams.

09:45 AM - 10:45 AM

The Accountability Code: Unlocking Trust, Change and Results

This session explores the dual facets of accountability—holding yourself to high standards while fostering a culture of responsibility in others. Through reflection and actionable strategies, participants will learn how to inspire trust, maintain integrity, and drive meaningful results in their personal and professional lives.

10:45 AM - 11:45 AM

Fireside Closing Reflection: Turning Insights into Action

As we conclude, this session offers a reflective space to consolidate key insights and translate them into actionable goals. Participants will engage in an open discussion to share takeaways, identify next steps, and commit to specific objectives for continued growth. This closing reflection ensures that the lessons learned are not just remembered but actively pursued, setting the foundation for accountability and meaningful progress in both personal and professional life.

12:00 PM - 1:00 PM

Lunch and Farewell