



Sample Day Retreat

	1	2	3	4	5	6
9:30-10	Arrival welcome and Set tone					
10-11:15	Team challenges	Team challenges	Climbing	Climbing	Workshop	Workshop
11:15-11:45	Lunch					
11:45-1	Workshop	Workshop	Team challenges	Team challenges	Climbing	Climbing
1-2:15	Climbing	Climbing	Workshop	Workshop	Team challenges	Team challenges
2:15-2:30	Debrief					