



Women's Retreat

TYPE OF EVENT:

A time for building relationships / To be social / to go deeper together

WHO IS IT AIMED AT:

Women aged 20 – 70 years

TIMING OF THE ACTUAL EVENT:

A weekend is ideal

WHAT WOULD THE PROGRAM BE LIKE? HOW WOULD THE EVENT RUN?

Friday Night:

People settle in / supper together / set the flavour and point of the weekend / Social games / DVD / music etc.

Saturday:

Breakfast

Morning session after breakfast

Mid morning - free time – swim / walk / read / talk

Lunch - Session just after lunch

Mid afternoon - free time / massages / walk / swim . / read / talk / laugh / eat / go out on an outing etc.

Dinner - Session after dinner

Night - Play a game together or have multiple games for people to engage in / movies / pool / ping pong etc.

Sunday morning:

Breakfast - Morning session which can include communion together

Pack up and have some hang out time together

Lunch / leave / pray to finish

WHAT COSTS ARE INVOLVED?

Hire of a place to retreat

WHAT IS NEEDED TO RUN THE EVENT?

- Everyone brings a meal to share
- Games / DVDs / Music

HOW LONG DOES IT TAKE TO ORGANISE AND PLAN?

10 hours beforehand + the time you are there

WHAT SHOULD BE CONSIDERED TO MAKE THE EVENT SUCCESSFUL?

1. Have a good facilitator to lead the sessions over the weekend
2. Make sure it is a comfortable environment which allows natural interaction and sharing and fun
3. Don't over program / be flexible
4. Make sure the topics are appropriate for all all ages
5. Make sure you enforce the freedom of acceptance to allow people to open up with their feelings as well as allow others to not feel pressure to always engage.