

Sample One-Day Retreat Schedule

Try this sample one-day retreat schedule from our columnist and retreat meeting planner, Andrea Cannistraci of andgreat.

Date	Time	Location	Activity
Monday	8:00am	Room A	Temperature checks
Monday	8:15am	Rom B	Pre-packaged breakfast and coffee served by attendants
Monday	9:00am	Room C	General Session
Monday	10:00am	Room C	DISC Assessments
Monday	10:30am	Lobby	Pre-packaged snack break
Monday	11:00am	Outdoor Space	Breakouts
Monday	11:30am	Outdoor Space	Breakouts
Monday	12:00pm	Lobby	Pre-packaged Lunch
Monday	1:00pm	Lobby	Meet for Off-site Activities (groups of 10 or less)
Monday	5:00pm	Lobby	Free time
Monday	7:00pm	Lobby	Pre-packaged Dinner