

FORUM RETREATS



Forum Depth Retreat

Retreat Description

The Forum Depth Retreat is designed to help healthy, mature Forums achieve significant, higher levels of depth by overcoming obstacles to openness and authenticity. The program explores risks and rewards of authentic, open communications, addresses interpersonal relationships within the Forum and enables a safe, non-judgmental environment for a deeper emotional connection. The Forum embarks on a journey of increasingly deep exercises throughout the retreat.

Objectives / Outcomes

The objective of the Forum Depth Retreat is to create a safe environment that enables Forum members to comfortably share experiences that rank among the top five percent of our most private, vulnerable experiences in life. The program is both introspective for the individual Forum members and developmental for the Forum as a whole.

Forum Depth Retreat Highlights

- Complete a personality assessment prior to the retreat to identify individual communication styles and behaviors
- Break down barriers to openness and vulnerability
- Learn more about yourselves and each other thru a series of introspective exercises
- Achieve deeper levels of communication and intimacy within the Forum
- Discover new perspectives and increase understanding of fellow Forum members

Details

Audience: All members of your Forum

Work Time: 8—12 hours

Includes: Pre-program assessment, moderator interview, pre-retreat exercises, Forum Depth Retreat Workbook, 8-12 hours of private, facilitated sessions, customized exercises and follow up exercises.

*n. Fo·rum - A meeting place for open discussion.
n. Sherpa - An expert guide.*

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