



## Go Outside to Go Inside – an Insight Learning Retreat

Experiencing true stillness at a strategic or board retreat is a rare thing – it’s more than a 6 a.m. yoga class before a packed meeting day. Research has shown that the biggest returns at action- and content-packed team meetings and conferences can arise when participants are given time to experience time to reflect and experience insight learning. *Insight Learning* is applying the wisdom within us - prompted by focused, purposeful, freeing “white space” experiences - to allow us to clear our thinking, solve problems, and discover insights to resolving complex issues.

This retreat concept is geared towards how insight learning can improve strategic planning, produce “aha” moments, and strengthen team connections. You’ll still do plenty of strategic planning and decision making in the conference room, however, your team won’t be making decisions from a place of stress and overwhelm. Instead, they’ll be tapping into their inner wisdom, which will deepen their commitment to the decisions you make, and better align your team around the direction you’re heading. This concept includes time for individual reflection, team experiences, and the sharing of insights.

Your team members will walk away:

- Feeling refreshed, focused and connected
- With a new perspective on how they operate and make decisions
- With a renewed commitment to the direction of the team and to each other

Your Guides, Dean Savoca and Brian O’Malley, are experts in the field of performance, and will guide your team through content, exercises, outdoor activities, and periods of quiet reflection.



**About Dean** – The performance development partner for leaders who want highly-effective teams that are focused, aligned and inspired - simply put, Dean helps leaders coach their people. A 25-year veteran of the meetings and events industry, Dean combines an early career in hospitality sales and operations with a Master’s Degree in Organizational Performance and Change, and has spent the last 15 years speaking, training and coaching on leadership and development. He helps participants identify the core issues they face daily that impact performance development, people management and team alignment – and rallies them to action, *often right there in the room. The result is a better bottom line* – boosted by improved performance, higher productivity, and more cohesive teamwork. Dean is a board-certified coach and has conducted 10,000 executive coaching sessions. He is also a Certified Speaking Professional™, conferred by the National Speakers Association, and actively involved in several industry associations.



**About Brian** - An adventurer, author, keynote speaker, and team facilitator, Brian O’Malley has been described as “*Indiana Jones meets Yoda.*” Brian’s list of clients is a “Who’s Who” of top corporations and associations. His engaging keynotes and retreats draw on his life experiences as an expedition leader, Everest climber, paramedic firefighter, police officer, SWAT team member, and Wish Grantor for the *Make-A-Wish Foundation*. Brian has a unique ability to be a catalyst for transformational change. He will inspire and challenge you to achieve professional excellence, expand what’s possible, and tap into your infinite capacity for new thinking. Brian is also a Certified Speaking Professional™ (CSP)