



## **LYLAS Women's Leadership & Wellness Retreat**

### **Frequently Asked Questions (FAQ)**

#### **What is the LYLAS Women's Leadership & Wellness Retreat?**

The LYLAS Women's Leadership & Wellness Retreat is a transformational experience designed for high-achieving women who are ready to invest in themselves, reconnect with their purpose, prioritize their well-being, and expand their leadership impact. Through workshops, coaching, wellness activities, reflection, and community, participants will leave feeling renewed, empowered, and equipped with practical tools for both personal and professional growth.

#### **Who is this retreat for?**

This retreat is designed for black women who:

- Lead teams, businesses, organizations, or communities
- Are navigating career growth or life transitions
- Desire greater balance between success and well-being
- Want to connect with like-minded women in a supportive environment
- Are ready to invest in their personal and professional development

#### **Do I need to be in a leadership role to attend?**

No. Leadership is not defined by a title. Whether you lead a team, a business, a family, a community initiative, or simply aspire to lead yourself more intentionally, this retreat is for you.

## **What can I expect during the retreat?**

Participants can expect:

- Leadership development sessions
- Personal growth workshops
- Wellness and self-care experiences
- Guided reflection and visioning exercises
- Networking and community-building opportunities
- Meaningful conversations with inspiring women
- Practical tools and strategies to implement after the retreat

## **What makes this retreat different from other women's retreats?**

The LYLAS Retreat intentionally combines leadership development and is specific to the lived experiences and needs of black women. Based in wellness, personal growth, and community. Participants leave with more than inspiration—they leave with actionable plans, renewed energy, meaningful connections, and a deeper understanding of their purpose and impact.

## **What topics will be covered?**

Topics may include:

- Authentic Leadership
- Confidence and Executive Presence
- Wellness Without Guilt
- Purpose and Vision Alignment
- Boundaries and Burnout Prevention
- Legacy Leadership
- Personal Branding and Influence
- Mindset and Resilience
- Goal Setting and Accountability

### **Is this retreat appropriate for entrepreneurs and corporate professionals?**

Absolutely. The retreat is designed to support women across industries and career stages, including entrepreneurs, executives, managers, nonprofit leaders, educators, and professionals seeking growth.

### **What is the age range of attendees?**

The LYLAS Women's Leadership & Wellness Retreat welcomes women across a variety of life stages and career levels. While attendees are typically between the ages of 30 and 65, the retreat is designed for any woman who is committed to personal growth, leadership development, and investing in her well-being.

### **How many women will attend?**

To create a meaningful and personalized experience, attendance is intentionally limited to no more than 30 women. This allows for deeper conversations, authentic connections, individualized attention, and a strong sense of community throughout the retreat.

### **What is the retreat venue like?**

The retreat is hosted in a beautiful, relaxing environment intentionally selected to support reflection, learning, restoration, and connection. Attendees can expect comfortable accommodations, welcoming gathering spaces, and amenities that encourage both personal renewal and meaningful engagement with fellow participants.

### **Can employers sponsor attendance?**

Absolutely. Many organizations recognize the value of investing in leadership development, employee well-being, and professional growth. Participants are encouraged to discuss sponsorship opportunities with their employers. We are happy to provide supporting information that outlines the retreat's leadership, wellness, and professional development benefits.

### **How do you maintain the community after the retreat?**

The retreat experience doesn't end when participants return home. LYLAS fosters ongoing connection through monthly virtual roundtable discussions where attendees can continue learning, sharing experiences, celebrating wins, discussing challenges, and supporting one another. These sessions help strengthen relationships, maintain accountability, and ensure the retreat's impact extends well beyond the event itself.

### **What is included in the registration fee?**

Your registration includes:

- Access to all retreat sessions and activities
- Retreat materials and resources
- Select meals and refreshments (1 dinner, 2 breakfasts)
- 2-night stay in a standard room at the NOPSI Hotel in NOLA
- Networking opportunities
- Post-retreat resources and follow-up support

### **Are payment plans available?**

Payment plan options are available through both Affirm and Klarna.

### **Can I attend alone?**

Yes—and many women do. In fact, attending solo often creates opportunities to build new friendships and meaningful professional relationships. We intentionally create a welcoming environment where participants can connect authentically.

### **What should I bring?**

We recommend bringing:

- Athletic clothing for Yoga/Pilates sessions
- Business casual attire for leadership sessions and dinner appropriate attire
- A journal or notebook
- Walking shoes
- An open mind and willingness to invest in yourself

### **What outcomes can I expect from attending?**

While every participant's journey is unique, many women leave with:

- Greater clarity and confidence
- Renewed energy and motivation
- Stronger leadership skills
- Actionable personal and professional goals
- New relationships and support networks
- A deeper commitment to their well-being

**Will there be opportunities to network?**

Yes. Community is a core part of the LYLAS experience. Throughout the retreat, there will be intentional opportunities to connect, collaborate, and build relationships with other remarkable women.

**How do I register?**

Visit [www.lylasbiz.com](http://www.lylasbiz.com) for retreat details, registration information, and upcoming events.

**Who can I contact if I have additional questions?**

We would love to connect with you. Visit [www.lylasbiz.com](http://www.lylasbiz.com) or attend one of our information sessions to learn more and ask questions directly.