

# ENLIGHTENED LEADERSHIP RETREAT

## Inspiring and Cultivating Conscious and Effective Leaders

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Garden of The Gods Resort & Club  
Colorado Springs, CO  
March 19-21, 2023



TARA<sup>®</sup>  
spa therapy

# LOCATION

## Garden of the Gods Resort and Club Colorado Springs, Colorado

Even from our early beginnings in 1951, the vision was grand and ambitious: to create the ultimate escape where recreation and relaxation reign supreme – and where the distractions of the outside disappear, bringing the things that matter most clearly into focus.

Today, the same passionate idea is expressed in everything we do at the Garden of the Gods Resort and Club.



# AGENDA

## Sunday March 19

3:00 – 5:00 Registration | Check In

5:00 – 7:00 Welcome Reception

7:00 – 9:00 Opening Session

- Introductions and Setting Intentions
- What is Enlightened Leadership

## Monday, March 20

7:00 – 8:30 Breakfast

9:00 – 10:30 Morning Session 1: The Leadership Wheel - Maggy Dunphy

10:30 - 12:00 Morning Session 2: Pathways to Enlightened Leadership - Mike Bruggeman

12:00 - 1:00 Lunch on Own

1:00 - 4:00 Spa Activities

5:00 - 6:30 Wisdom Circle - Tara Grodjesk

6:30 - 8:00 Dinner

8:00 - 9:00 Equinox Ritual Celebration

## Tuesday, March 21

7:00 - 8:30 Hike/ Yoga; Morning activity; Breakfast on Your Own

9:00 - 10:30 Morning Session 1: The Power and Freedom of Choice - Laura Krohn

10:30 - 12:00 Morning Session 2: Key Capacities of the Enlightened Leader - Mike Bruggeman

12:00 - 1:00 Lunch

1:00 - 3:00 Group Activity: Integration and Celebration

3:00 - 4:30 Take Aways + Closing Circle

# SESSION DESCRIPTIONS

## Sunday March 19

### Context for Enlightened Leadership – Mike Bruggeman

Everything has a beginning, a middle and an end. As humans we experience birth, life and death, as do all material things. What time is it on the world clock and what is the work that enlightened leaders are being called to do? In this session you will explore the historical context of the rise and fall of civilizations and science of living systems to pinpoint the time and conditions in which we live as a basis for right action and framework for navigating the future.

## Monday March 20

### The Leadership Wheel - Maggy Dunphy

The foundation for effective leadership and communication is an understanding of oneself. The Leadership Wheel Styles Assessment is a 5,000 year old test of management styles based on the wisdom and knowledge of indigenous cultures that provides an opportunity for self-discovery. This diagnostic tool enables you to identify your unique communication, leadership style, and impact on others. The Leadership Wheel identifies a person's behaviors and tendencies in a normal state and a stressed state. Understanding how our behavior potentially shifts in these two different circumstances helps us to better understand ourselves and how we communicate with others. Prior to meeting, The Leadership Wheel Assessment will be emailed to each participant. The survey takes 5 -10 minutes to complete. This information is then used in conjunction with presenting the foundation of The Leadership Wheel

### Pathways to Enlightened Leadership: Capacities and Disciplines - Mike Bruggeman

In this session we will explore the capacities and disciplines of the Enlightened Leader as a framework of personal and professional development during our time together. We will begin learning a model for differentiating and developing clarity at any moment in time. These foundational skills set the stage for the work together and the work of the enlightened leader in today's world.



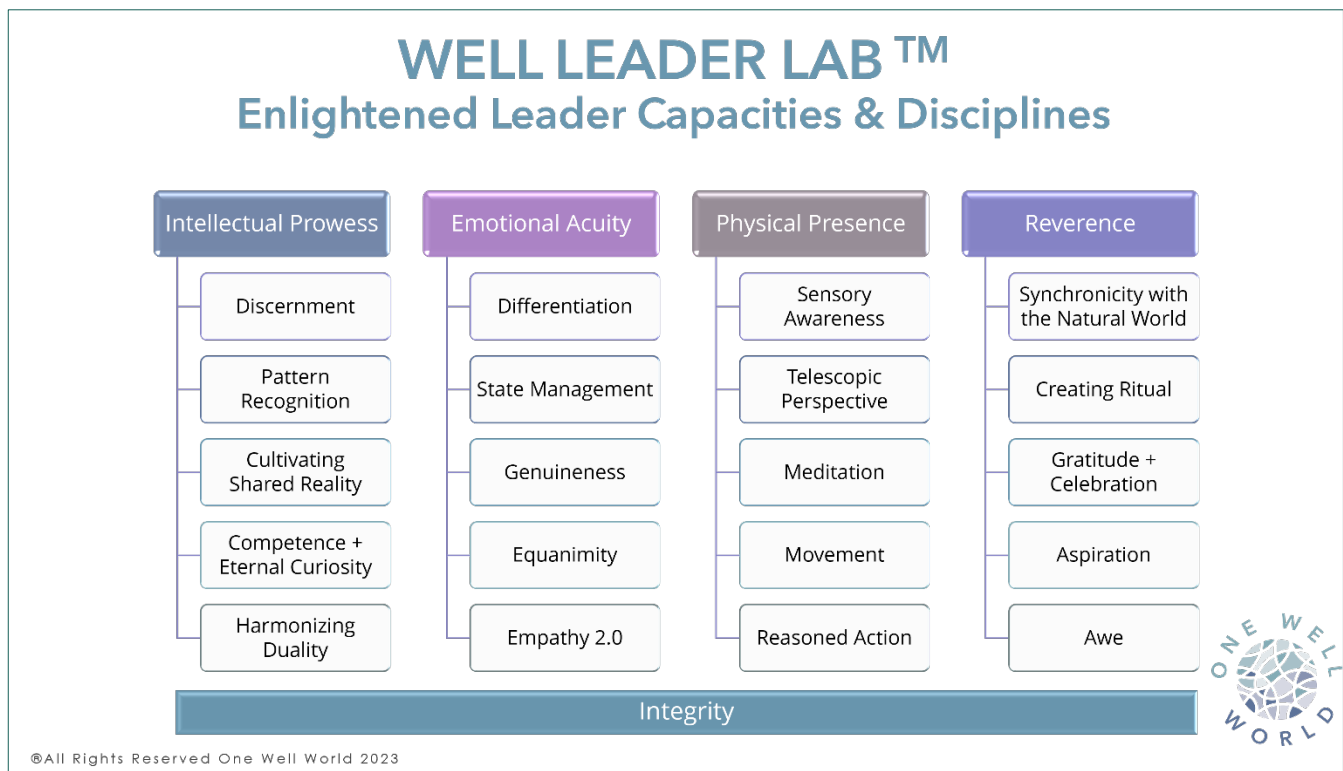
## Tuesday March 21

### The Power and Freedom of Choice - Laura Krohn

Sometimes we feel our backs against the wall, or cornered in our work lives. This session will look at how to shift our belief systems and tap into the power of choice; Discover the freedom it brings, and how it supports us to be more resourceful and effective leaders. Drawing on the “90 Day Daily Reflection Journal” created for The Well YOU Coach programs, the session will explore hot topics impacting leaders today such as: managing up in the workplace; networking derailers; the emotional roller coaster; mental wellness for self and team. We can all learn a few new tricks to gain more freedom of choice in our daily leadership interactions!

### Key Capacities of the Enlightened Leader – Mike Bruggeman

Enlightened Leadership is a lifelong journey. The history, experience, competencies, trials, success and failures shape and build character, strength and wisdom. In this session we will explore and practice three primary skills of the Enlightened Leader and touch on perceived obstacles that prevent us from being the best version of ourselves.



# BIOGRAPHIES

## Tara Grodjesk

President, Tara Spa Therapy | Vice President, Earthlite, Spa and Wellness Products

Tara Grodjesk, recipient of American Spa's Visionary of the Year award, is an innovator and pioneer in the spa industry. For more than 30 years, Tara has brought Holistic Health and Wellness programs to the forefront in spa. She has been a consultant to world-class spas in facility design and the development of unique wellness concepts, treatment programs and signature product lines. Her TARA brand, a conscientious collection of authentically organic holistic products, is featured in hotels, resorts, destination and day spas. An ISPA member since its inception, Tara is also Co-Founder of the Green Spa Network. Ms. Grodjesk has facilitated Women's Leadership Retreats for 19 years at leading spa resorts. She is a master at creating retreat programs for self-care, conscious leadership and holistic well-being. Through her contributions, Tara has passionately been providing inspiration, mentorship and leadership cultivation for the spa industry.



## Mike Bruggeman

Chairperson, One Well World Foundation | CEO & Chief Formulation Officer One Well World Companies

Michael is CEO of [One Well World](#), a group of companies, including a non-profit, 501(c)3 charitable foundation. Among them is [NaturalBeautyGroup.com](#), an eCommerce spa product boutique, [OM4 Organic Male](#), and [haia \(HAPPY AS I AM\)](#). He holds an MSOD in organization and design and development from Loyola University's School of Business in Chicago, specializing in work systems engineering. With more than 22 years of experience in healthcare administration, Michael maintains an interest in integrative health and wellness and has led several building projects and service implementations bridging traditional and nontraditional therapies in the hospital setting. After his career in healthcare, Michael purchased and operated a 16-room destination inn and spa in La Conner, WA, where he became interested in spa product development to fill a glaring gap in the market—men's skincare. Now 12 years later, Mike saw another glaring unfulfilled niche – inclusive beauty and founded the gender-agnostic brand, haia (Happy as I Am) in 2021. His broad expertise in marketing, brand development, best-practice operational systems design and management has served him well in his entrepreneurial life. In his spare time, Mike loves being out in the natural world and considers it essential to maintaining a healthy, unbiased perspective.



## Maggy Dunphy

Founder three33 consulting | Sp-Oz Solutions

Maggy is an innovative operations and management expert who has served in leadership roles for more than 20 years. She is creative, resourceful and visionary, able to bring a concept to life by crafting the visual story, establishing a culture of care, and creating spaces that are desirable to both work and experience. Maggy builds transparent, behind-the-scenes financial and operational structures that coincide with the brand concept and image to ensure success. She has built numerous teams and created a culture of calm and reverence by providing leadership training to operations teams. Maggy contributes restorative environments to the world.





## Laura Krohn

Director of Wellness, Recreation & Retail, La Cantera Resort & Spa  
Owner and Chief Creative Activist, The WellYOU Coach, LLC



With more than 25 years dedicated to the field of health and wellness, Laura Krohn, MPH, CWWS, CWP, brings with her an understanding of the profound difference that health professionals can make in their clients' lives. Her extensive experience leading large diverse teams in complex operational environments have forged her entrepreneurial approach to business and leadership.

Laura has carved a unique path in leadership through years in Wellness operations, reimagining recovery coaching as a Peer Coach and Group Facilitator in a psychiatric hospital, training and education program and curriculum development for skincare and lifestyle brands, Worksite Wellness programming and over 30 years volunteering with women seeking to shift their relationship with alcohol and drug use. Today, she stewards the wellness, recreation, and retail at La Cantera Resort & Spa, while bringing her long-held dream to life – supporting women to live their best lives through The WellYOU Coach, LLC services platform, providing coaching, retreats, 3-to-90-day challenges, Masterminds, speaking, and authoring to elevate women who struggle with mental health and substance use impact. 1% of all proceeds from her company go to fund *WellYOU Recovery*, a non-profit serving woman who do not have the financial means to seek the care they need.



# THE INVESTMENT

## Rates + Options

3-Night Double Occupancy	\$1,268   Person
3-Night Single Occupancy	\$1,752
2-Night Double Occupancy	\$1,106   Person
2-Night Single Occupancy	\$1,429

## What's Included

- Light Reception on Sunday Night
- 1 Breakfast, 1 Lunch and 1 Dinner
- 1 Spa Treatment
- Retreat fee
- All taxes and service charges

