



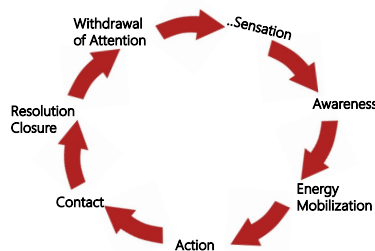
Bridging, Bonding & Building Retreat

April 18-20, 2024

Corporate College East

Getting to We's **Bridging, Bonding & Building Retreat** is a transformative, competency-building, fun experience designed to enhance social trust as a foundational aspect of a strong coalition of women invested in gender solidarity to advance racial and gender equity. During this 2.5 day experience we will use the Gestalt Cycle of Experience to explore and develop individual and collective strategies for racial and gender equity. The Gestalt Cycle of Experience is a tracking map for how to heighten awareness and mobilize energy to meet a need and achieve satisfactory results.

Cycle of Experience



Draft Agenda

Day One-Thursday-April 18, 2024

Focus: Sensation and Awareness

- 4:00 PM** Registration
- 4:30 PM** Welcome and Greetings/ Introductory Exercise
- 5:30 PM.** DEIB Edutainment *Beauty Shop!*
- 6:00 PM** Dinner and Discussion
- 7:30 PM** End Time

Day Two-Friday-April 19, 2024

Focus: Energy Mobilization/Action

8:00 AM Continental Breakfast/Soft Start with Opening Exercise

9:00 AM Trust Group Gender Solidarity Exercises

Noon **Lunch with Trust Groups**

1:00 PM Identity Group Exercise

2:45 PM *Trust in Black and White* Documentary and Strategic Conversation

5:30 PM **End Time**

Optional: Sip and Social (Cooper Hawk)

Day Three-Saturday-April 20th

Focus: Contact/Resolution/Withdrawal

8:15 AM Gather

8:30 AM Group Picture

9:00 AM. Brunch

9:30 AM Trust Group Equity and Goal Setting Exercise

11:00 AM Closing Exercise

End Time: 12:30pm

12:30 PM – 2:00 PM

Participants from the Cleveland April 2021 Retreat and Alabama September Civil Rights Tour are invited and encouraged to stay for filming of *Trust in Black and White: After and Next*
Light Lunch Provided