



*The Peace Retreat*  
FOSTERING INNER PEACE AND GROWTH

# Recharge, Transform & Radiate

Sept 17-21, 2025  
Carlos, MN



**Prioritize Your Inner Peace,  
Starting Today**

Connect with us on [Calendly](#)  
for more information



## Communication

Develop the art of expressing yourself clearly and efficiently. Learn techniques to enhance both your verbal and non-verbal communication skills, ensuring your message is understood and well received.



## Peace of Mind

Discover the transformative power of inner tranquility. Adopt practical approaches to cultivate peace within yourself, which will reflect in your effectiveness and happiness at work and home.



## Mindful Leadership

Lead with intention and awareness. Learn how to provide healthy support and healthy challenge for individuals and teams in order to increase optimization and cultural well-being.



## Strategic Reflection

Learn how to harness the power of reflection to innovate and adapt in the ever-evolving professional landscape. Discover how to transform your self-awareness into a powerful tool for enhancing your emotional intelligence (EQ).

Embark on a transformative journey of personal and professional growth and **inner peace**, radiating it outward to create positive change in your relationships, communities, and the world at large.

# You don't have to navigate chaos alone.

Visit our website to RSVP and get more information:



[www.thepeaceretreat.org](http://www.thepeaceretreat.org)