

A person with dreadlocks is shown in profile, looking out at a sunset. The sun is low on the horizon, creating a warm, golden glow. The person is wearing a light-colored shirt. The background shows a building and some foliage.

JUST BE

Renewal Weekend



E Howard Co.
Professional Innovations

“Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

- Howard Thurman



The Just Be Renewal Weekend is an investment in the well-being, resilience, and authentic leadership of your team. A bespoke leadership development retreat designed to elevate impact - tailored to the preferences and goals of your collective.

This is an opportunity to experience rest, reflection, and restorative activity among dedicated trailblazers in your community of practice. We exist to provide a “reset” for high achieving entrepreneurs, educators, executives and emerging Leaders.

This immersive experience is designed to equip you with invaluable insights and tools. By the end of our time together, those who participate emerge with a renewed sense of purpose, resilience, and authenticity to navigate the complexities of social impact leadership. We value:

- CULTURAL RICHNESS
- EXCLUSIVE CULINARY EXPERIENCES
- MEANINGFUL DISCUSSIONS
- INTENTIONAL MOMENTS OF REFLECTION



THE DILEMMA OF DEDICATED LEADERSHIP

PASSION & URGENCY

The passion and urgency that power the work of leading Social Impact leaves teams struggling with role confusion and stifled productivity. *Freedom Fighter Fatigue* is used to describe that role confusion and lack of access to rest and renewal.

LACKING ACCESS TO REST

The lack of access to rest is well documented in several works including Dr. Reeba Peoples mentioning the Sleep Gap in "The Smart Wellness Workbook - Cultural Wisdom Meets Modern Brain Science" as well as Tricia Hersey in writing "Rest is Resistance". By providing access to rest as well as revitalizing experiences, and an opportunity to share intentional space with like-minded people we advance the ongoing battle for wellness among trailblazers.

Freedom Fighter Fatigue



MAKING A DIFFERENCE

An opportunity exists to have an institutional, and systems-level impact so that the individuals being served and inspired by this work have access to greater levels of impact and achievement. Success in this effort is measured by the number of companies, coalitions, and communities of practice being supported to strengthen collectivism across social impact efforts. This work is centered on the belief that leaders are more efficient at work and more impactful in the community when they experience an opportunity to *Just Be*.

CHARITABLE &
PHILANTHROPIC
ORGANIZATIONS

ASSOCIATIONS

EMPLOYEE
RESOURCE GROUPS

COMMUNITIES
OF PRACTICE

Are you seeking to revitalize your team's spirit, foster collaboration, and enhance overall well-being?

Join us for a transformative experience designed to inspire, connect, and renew your team's sense of purpose.

HOLISTIC WELL—BEING FOCUS

- Physical, mental, and emotional rejuvenation.
- Engage in wellness activities, mindfulness practices, and self-reflection

TAILORED APPROACH

- Customize the experience to align with your specific goals and challenges.
- Strengthen relationships, enhance communication, and foster a collaborative spirit.

CULTIVATE RESILIENCE & AUTHENTIC LEADERSHIP

- Empower your team with insights and tools to navigate challenges with resilience and authenticity.

CULINARY DELIGHTS

- Indulge in exclusive culinary experiences that transcend the ordinary.
- Culinary tastings serve as metaphorical lessons in collaboration and creativity, leaving a lasting impact on team dynamics.

TANGIBLE TAKEAWAYS

- Your team will leave with tangible tools and actionable insights that directly contribute to their professional growth.
- The retreat is not just a weekend getaway; it's an investment in the continuous development of your team's skills and mindset.

***50% of Corporate Social Impact Professionals Report Burnout While 1 in 5 Indicate "Mental Health Concerns" Caused by Increasing Demands of the Job**

Is this for you?



*Association of Corporate Citizenship Professionals, July 24, 2023: AACP.org

HERE'S WHAT TO EXPECT AT YOUR

JUST BE

Renewal Weekend

PERSONAL GROWTH & SELF DISCOVERY

Activities and workshops designed to foster self-reflection, self-discovery, and personal growth

STRESS REDUCTION & RELAXATION

The weekend may offer a variety of relaxation techniques to help participants unwind and reduce stress.

COMMUNITY & CONNECTION

Connect with like-minded individuals, share experiences, and establish supportive networks.

INSPIRATION & MOTIVATION

Be inspired & motivated to make personal and professional changes. Hear from others in your group and invited guests who have overcome their own challenges.

RENEWAL & RECHARGE

Leave the weekend feeling renewed, energized, and ready to face life's challenges with a powerful mindset.



Lasting Impact



INCREASED EMPLOYEE ENGAGEMENT

Contribute to higher levels of employee engagement. Engaged employees are generally more committed to their work, resulting in improved productivity and innovation.

ENHANCED TEAM COLLABORATION

Spending quality time together outside the usual work environment can strengthen team relationships and foster better collaboration. This improved teamwork can lead to more effective problem-solving and project execution.

REDUCED BURNOUT AND STRESS

Provide an opportunity for employees to relax, recharge, and reduce stress. This can contribute to better mental health, increased job satisfaction, and lower rates of burnout.

BOOSTED MORALE AND MOTIVATION

Investing in employee and stakeholder well-being signals that their contributions are valued. This can lead to increased morale, motivation, and a positive culture.

ATTRACTION AND RETENTION OF TALENT

Offering unique benefits like this experience can make an organization more attractive to potential hires and help retain current employees. This can ultimately reduce recruitment and training costs.

ACT IN SERVICE TO SOCIAL IMPACT GOALS

Experiences that are aligned with your organization's social impact mission can have a positive impact on the team's motivation to contribute to the mission.

How the Booking Process Works



Our planning conversation will include

- Goal Setting
- Location
- Activities
- Workshops and Sessions
- Customized Agenda
- Nutrition & Meals
- Accommodations
- Logistics
- Follow-Up Resources



Ready to host?

There are a number of ways to engage the planning process for your renewal weekend experience that will help create the greatest outcomes. Here are a few to note:

UNDERSTAND PARTICIPANT PREFERENCES

- Collect information about the preferences, interests, and needs of the participants.
- Gather insights on what activities and topics resonate with them.

ENCOURAGE PARTICIPANT INPUT

- Foster a sense of ownership by allowing participants to suggest activities or topics.
- Consider what tools can be leveraged for ongoing input and feedback.

CONTINUOUS COMMUNICATION

- Maintain open communication with participants before and during the retreat.
- Keep everyone informed about any changes to the schedule.

EMBRACE THE UNKNOWN

- Anticipate the unexpected and be prepared to adjust as needed based on the purpose and goals that were established for the experience.

To submit your inquiry email Ernest@EHowardCo.com

Take the Next Step in Investing in Renewal



For more information
Email your questions to
Ernest@EHowardCo.com or
schedule a consultation at:
EHowardCo.com

Our inclusive pricing model is designed to accommodate the budgets of small businesses and nonprofits. Invest in your team's well-being without compromising financial sustainability.

The *Just Be Renewal Weekend* is a catalyst for sustained positive change. It's an investment in the well-being, resilience, and authentic leadership of your team. Elevate your team's experience, foster a positive culture, and embark on a journey of renewal that will leave a lasting impact on both individuals and the collective success of your organization. Equipped with renewed energy and insights, your team will return to work with a shared purpose, fostering a culture of collaboration and innovation. Embrace the Just Be Renewal Weekend – where transformation meets purpose.



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