

Unapologetically You

A RETREAT FOR GROWTH, BALANCE & SUCCESS
WORKSHOP

SLCC

 REGISTER NOW



CINDY ROWE

Keynote Speaker/Corporate
Trainer



 **KELLI RISSE**

Peak Performance
Executive Coach,
Winning in Business



 **AMY LEMIRE**

President & CEO, AIM
Training & Consulting
International



 **JENNIFER BARDOT**

Founder/Speaker/Wo
men Empowerment,
G.R.I.T. Community

REGISTRATION:

BY OCTOBER 1

slccc.net

Member: \$250 (Breakfast, Lunch Included and all workshops) Wine Tasting \$60 p/p add'l fee

Non Member: \$300 (Breakfast, Lunch Included and all workshops) \$90 p/p add'l fee

**3 OCTOBER 2025
8 AM - 3 PM**

CHANDLER HILL VINEYARDS
596 DEFIANCE RD
DEFIANCE, MO 63341

DO NOT MISS THIS LINEUP! IT'S ONE OF A KIND!

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AGENDA

8:00 – 8:30 AM

Coffee, Networking & Sign-In, Welcome from Executive Director



8:35 – 8:55 AM

Keynote: Level Up Your Life – Conquering Work-Life Balance (Cindy Rowe)

8:55 – 9:05 AM

Break/Connection

9:10 – 10 AM

Managing Stress Before It Becomes Burnout (Kelli Risse)

10:00 – 10:15 AM

Break/Connection

10:15 – 11:05 AM

Inner Confidence to Results (Amy Lemire)

11:05 – 11:15 AM

Break/Connection

11:15 – 12:10 PM

True G.R.I.T. and Finding Yours (Jennifer Bardot)

12:10 – 1:00 PM

Lunch Dining and Relationship Building

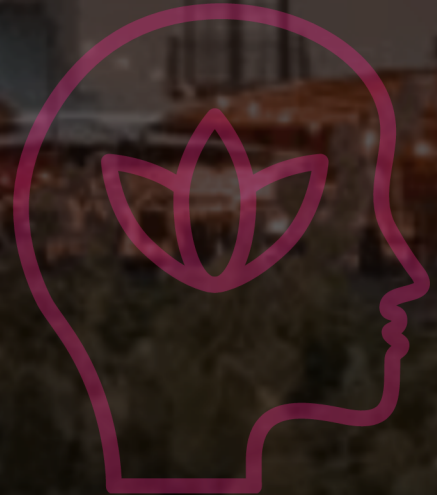
1:00 – 2:00 PM

Unapologetically Kind: Redefining Success on Your Own Terms (Cindy Rowe)

2:00 – 2:05 PM

Closing Remarks / The Tasting & Guided Networking* (More training and relationship building!)

Workshop qualifies for 4 .5 hours of LU/PDH units. Get your credits in now!



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BY OCTOBER 1



OPTIONAL EVENT:

Wine Tasting & Guided Networking
\$60 Members, \$90 Non-Members
Networking After Workshop
Chose during checkout if desired.