

Sample Initial Retreat Agenda – 5 day retreat

Sample 5 day Agenda

- Day 1** Set the stage!!! This is going to be a life changing experience that is fun, beneficial, and inspiring.
- 10:00 am Depart from the school (conduct a mixer or icebreaker before you depart)
- 12:00 noon Eat lunch at a restaurant or picnic area along the way
(A special place with personality)
- 1:00 pm Arrive at the site and set up camp or settle in to the facility.
- 2:00 pm Orientation meeting
Conduct another mixer and/or energizer
Review the schedule
Establish a code of conduct for the retreat (better yet, facilitate the officer in the process using LifeKnowledge lesson HS.80 Team Codes of Conduct)
Make assignments (communicate any tasks or assignments that the officers are responsible for during the retreat.
Decorate the facility (you may have a crew that arrived early to do this)
- 2:30 pm Recreation (see recreation section for ideas)
- 4:00 pm Meal Madness activity (see meal ideas section for details)
- 6:30 pm Dinner or supper and clean up
- 8:00 pm Personal collage activity - officers create a collage from magazine clips that express or represent who they are, what they enjoy, values etc.
- 9:00 pm Night hike (see structured activity section for other ideas)
- 11:00 pm curfew
- Day 2** This is the “Me” day. The training sessions focus on self awareness - identifying their individual talents, skills, thinking preferences, or personality, etc.
- 8:00 am Breakfast hosted by officer pair identified during the Meal Madness activity
A different pair would conduct a mini-workshop on an etiquette topic such as use of napkin. This workshop would be assigned during the orientation meeting and an information packet would be given to the officer pairs.

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- 9:30 am What is Leadership” workshop (modify LifeKnowledge lesson plan HS.1 Defining Leadership for a small group)
- 10:30 am Self Awareness workshop (modify LifeKnowledge lesson HS.9 Understanding Values, Beliefs, Character, and Integrity or see workshop section for other ideas)
- 11:15 am Goal Setting workshop (use LifeKnowledge lessons HS.44 The Benefits Setting Goals, HS.45 Goal Setting Strategies, & HS.46 Developing a Plan Using Goals)
- 12:15 pm Lunch hosted by officer pair
- 1:00 pm Swimming (see recreation section for other recreation ideas)
- 4:00 pm Personal Mission Statement Development workshop (use the procedure outlined in Seven Habits of Highly Effective Teens by Sean Covey or use LifeKnowledge lessons AHS.4 Defining Personal Mission and AHS.5 Creating Personal Mission)
- 6:00 pm Dinner/Supper
- 7:00 pm Brainstorming workshop (use LifeKnowledge lesson HS.98 Brainstorming Solutions)
- 7:45 pm Creativity workshop (use LifeKnowledge lesson HS.27 Using Creativity)
- 8:30 pm Program of Activity planning (see business section for ideas)
- 9:30 pm Group movie - “The Gladiator”
- 11:00 pm Curfew
- Day 3** The focus of the third day is team. The agenda for this day includes a sequence of team building initiatives. This is the “We” day.
- 8:00 am Breakfast
- 9:00 am What is a team? (use LifeKnowledge lesson HS.65 Defining Team)
- 10:00 am Team Building Initiatives
 Group Juggle - Group game
 Back Stabbers - Group game
 Copy Cat - Group game

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Sherpa Walk - Trust Initiative
Human Ladder - Trust Initiative
Up Chuck - Low risk initiative
Inverted Circle - Low risk initiative
Nuclear Flip - Low risk initiative
Nitro crossing - High risk initiative
Spider Web - High risk initiative
Circle the Wagons (the team shares what they appreciated about each officer following the day of team building)

4:00 pm Free time
5:30 pm Dinner/Supper
6:30 pm Program of Activity planning (see business session ideas)
9:30 pm Silhouettes (see Reflection section for other ideas)
11:00 pm Curfew

Day 4 The focus is servant leadership – about “them” – the members the officer serve

8:00 am Morning walk
8:30 am Breakfast
9:30 am Servant Leadership workshop (use LifeKnowledge lesson HS.103
Developing a Service-Leadership Attitude
noon Lunch
1:00 pm Special Leadership Skills Workshops
4:00 pm Recreation
6:00 pm Dinner
7:00 pm Program of Activities planning (lead by chapter officers)
10:30 pm Service Reflections (see Reflections section for other ideas)
11:30 pm Curfew

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Day 5 Telling our story through effective public relations

8:00 am Breakfast

9:00 am Public Relations workshops (use LifeKnowledge lesson AHS.48
Developing Partners for Your FFA Chapter and AHS.49 Promoting FFA
Opening Doors)

11:00 am Packing up

12:00 noon Lunch

1:00 pm Depart for home