



IS IT WORTH IT? YES.

If you spend money on dining out or those extra clothes you didn't need, why not invest in an experience like Fog + Sage instead, and lay the groundwork for a healthy future.

INVEST IN YOURSELF.

Fog + Sage is a 3-day restorative retreat for high-powered, professional women founded by international human rights attorney and public speaker, Flynn Coleman, along with social media influencer and brand marketer, Stef Etow. The retreat will be hosted March 3–5, 2017 at a historic coastal ranch in Tomales Bay, just north of San Francisco. All meals, accommodations, workshops, and retreat materials will be included. Participants will arrange their own transportation. There will be guided workshops centered around personal and professional alignment, strategic tools for developing your voice and sharing your vision, as well as tangible practices for recalibrating your internal purpose and external impact.

AND CONSIDER THE REWARDS.

- 1. Unplug and recharge.** Fog + Sage is about pressing pause on the daily grind in order to clear your mind and restore your creative energy. As Lisa Bodell says, "We're so focused on productivity that thinking has become a daring act. Leaders have to create the space for thinking."
- 2. Change your scenery.** We designed our retreat as a restorative experience surrounded by nature with enough quiet to actually hear your own thoughts. Sometimes when you're stuck in your routine, it's easy to forget that even a simple change of scenery can help revive your inner creative drive.
- 3. Spark new ideas.** Complacency with 'busy-ness' often leads to stagnation, so stepping outside your bubble and welcoming diverse perspectives and experiences is one step in the direction of sparking creativity. You'd be surprised what genius surfaces under the sway of eucalyptus trees.
- 4. Make new connections.** A beautiful part of this experience is the breaking down of barriers put up between strangers. Our mission is rooted in a respect for embracing differences, while celebrating our commonalities as humans. Remember, each participant shares a similar purpose for being here.
- 5. Develop diverse skill sets.** Since Fog + Sage is a space where professionals across industries intersect, this is an opportunity to engage with diverse skills and ways of thinking. Positive change is never sparked by sameness, but by the coming together of distinct perspectives.
- 6. Learn from community leaders.** We are influential, passionate community leaders offering you exclusive access to our insights, advice, and best practices. We will challenge your current way of thinking and provide you with actionable tools sustainable for the health and growth of your career.
- 7. Practice self-care.** According to the World Health Organization, stress is "the health epidemic of the 21st century." Welcome this retreat as an opportunity to make a positive impact on your mental health. Just a few days of release is often all we need to refocus and feel restored.
- 8. Improve your daily habits.** We'll offer simple, actionable tools for you to take away from the retreat and integrate easily into your life. As with anything, the more you put into Fog + Sage, the more you'll get out of the experience.
- 9. Find alignment.** Develop healthy practices for maintaining a balanced lifestyle guided by clarity rather than overwhelm. Learn from entrepreneurs who have aligned their inner purpose with their external impact, and rediscover a sense of fulfillment in your work and in your personal life.
- 10. Activate your vision.** Discover storytelling as a tool for sharing your vision and connecting with yourself and others. Reviving your life purpose and your inner creativity will not only impact the way you see yourself, it will manifest in your work and in the way others see you too.