

# The Relevance Retreat® - Detailed Program

*The organizer reserves the right to conduct slight alterations to the program below to include last-minute adjustments that favor the group dynamics. Thank you!*

## THE RELEVANCE RETREAT – DAY 1: Friday, August 28, 2025

1. **12.00 – 14.00:** Informal Lunch & Welcome Coffee
2. **14.00 – 14.30:** Group Introduction and Agenda-Setting
3. **14.30 – 15.30:** ***You Are the Creator of Your Own Life.*** Discover your sources of self-sabotage with the Drama Triangle. Somatic exercises in pairs
4. **15.30 – 16.00:** Coffee Break
5. **16.00 – 17.00:** ***To the Creator In You.*** Grow beyond the Drama Triangle and taste real empowerment with small-step behaviors helping you to become your own Challenger, Coach, and Co-Creator
6. **17.00 – 17.30:** Wrap-up and second day overview
7. **19.00 – 22.00:** Discover Prague by boat with dinner and cruise:  
<https://www.prague-boats.cz>

## THE RELEVANCE RETREAT – DAY 2: Saturday, August 29, 2025

1. **9.00 – 9.30:** Group Welcome. Experience and first-day insights sharing
2. **9.30 – 10.30: *My Future Self.*** Craft a long-term vision and roadmap for your life, leadership, career, and work
3. **10.30 – 11.00:** Coffee break
4. **11.00 – 12.30: *Stakeholder Management.*** Identify the key stakeholders for your cherished future and design dignified engagement strategies that will bring you a constant influx of allies, mentors, sponsors, and partners for your growth
5. **12.30 – 14.00:** Lunch break
6. **14.00 – 15.30: *My Relevance Strategy.*** How will I stay visible, relevant and influential in the age of AI?
7. **16.00 – 24.00:** Informal Program. Discover Prague on foot. Informal group dinner – clubbing and dancing not out of question





Cristina Muntean®

## **THE RELEVANCE RETREAT – DAY 3: Sunday, August 30, 2025**

1. **7.00 – 8.00:** Optional - Kundalini Meditation. Energize your body for the grand finale
2. **9.00 - 9.30:** Group Welcome. Experience and second-day insights sharing
3. **9.30 – 10.30: *Mastermind*.** Peer support to boost your relevance strategy in the age of AI
4. **10.30 – 11.00:** Coffee break
5. **11.00 – 12.00: *Tell A Story to Remember*.** How to use storytelling to position yourself as impactful, authentic, and memorable on an AI-flooded market
6. **12.00 – 12.30:** Retreat Wrap-up
7. **12.30 – 14.00:** Group Lunch and Goodbye 😊

## **NOVEMBER 27, 2026: THREE MONTHS LATER**

Group meet-up online, on Zoom

***What changed? What's new? What kind of support do you need to step into 2027 with courage, dignity, and joy?***



