

HEAL FOR REPEAT



 Center for
Training Excellence
A Division of Proverbs

RETREAT COMPANION GUIDE



WELCOME TO HEAL FOR REAL

I'm so glad you're here.

Whether you traveled across the country or across the city, your presence in this space is not by chance. It's very intentional. You made a decision to step away from your routine, your responsibilities, and the many roles you carry, and that matters more than you may realize.

This experience was created with you in mind. This is a space where you don't have to perform, prove, or hold everything together. It's a space to pause, be honest, reflect, and reconnect with yourself and what you've been needing.

Throughout this weekend, feel free to use this companion guide to support your overall journey toward healing. If you want this to be a truly transformative experience, we invite you to engage with the **R.E.S.E.T.** reflection pages throughout the weekend. These pages are designed to help you capture what's shifting for you and consider what comes next. Some moments may prompt you to write a lot. Others may not. Both are perfectly okay.

As you move through this experience, there may be moments that feel stretching, emotional, or even uncomfortable. That's a natural part of doing real work. You are not alone in that. Give yourself the grace to lean in where you can, and the space to pause when you need to.

Take what you need. Move at your own pace. There is no pressure here; only space for you to be exactly where you are. I'm honored to share this experience with you.

With wholehearted gratitude,

Kristal Walker

RETREAT AGENDA

April 24–26, 2026 • Las Vegas

FRIDAY, APR 24

Timeless Moments at Lake Las Vegas
30 Via Brianza, Unit 130, Henderson, NV 89011

4:30–5:15 PM Welcome Reception
A relaxed, welcoming space to connect, unwind, and ease into the weekend.

5:15–6:15 PM Hosted Icebreakers & Orientation
Gentle connection and orientation to create safety, comfort, and shared expectations.

6:15–8 PM Dinner & Live Music
An evening of good food, music and meaningful conversation to open the weekend together.

8–9:15 PM **Take the Cape Off** →
Explore the hidden cost of always being “the strong one” and permit yourself to rest.

SATURDAY, APR 25

Center for Training Excellence
6363 S. Pecos Rd, Suite 201, Las Vegas, NV 89120

7–7:45 AM Casual Arrival & Continental Breakfast
A quiet, reflective start to the day with nourishing food and guided journaling.

7:45–8 AM Opening Ice-Breaker
Reconnect as a group and gently set the tone for the day ahead.

8–9:30 AM **Why Am I Like This?** →
Understand the patterns, behaviors, and survival strategies that shaped who you are.

9:45–11 AM **Grieving Unmet Expectations** →
Create space to acknowledge and process the losses we rarely name out loud.

SATURDAY, APR 25 CONTINUED

11–12:30 PM **Real Healing Requires Real Transparency** →
Honest dialogue and guided reflection that invite healing through truth and vulnerability.

12:30–1:30 PM Lunch with Host & Special Guests
Shared meals and relaxed conversations in a supportive environment.

1:30–3:30 PM **Overcoming Offenses** →
Learn how to release hurt, reclaim peace, and move forward unburdened.

3:45–5:15 PM **Self-Care Is Not Selfish** →
Reframe rest, boundaries, and self-care as essential for sustained healing.

6:15–8 PM Dinner with Host & Special Guest at the Home of the Host
An evening meal to reconnect, reflect, and restore after a full day of inner work.

SUNDAY, APR 26

8–8:30 AM Casual Arrival & Morning Prayer
A quiet, reflective moment for prayer & meditation.

8:30–9:30 AM Breakfast & Connection
Reconnect with the group over a full breakfast.

9:30–10 AM Praise & Worship
Engage in corporate praise & worship as we prepare for a rich final session topic.

10–12 PM **Rewrite Your Story** →
Clarify what you’re releasing, what you’re reclaiming, and how you want to move forward after this experience.

12–1 PM Special Prayer & Closing Blessing
Take your special prayers to the throne of grace, and celebrate your healing journey.

Every element of this experience has been thoughtfully designed to support your journey. While we honor the flow of the agenda, we also honor the needs of the room. Timing and sessions may shift slightly to create the most meaningful experience. *Trust the process.*

TAKE THE CAPE OFF



TOPIC OVERVIEW

Explore the hidden cost of always being “the strong one” and permit yourself to rest.

SPEAKER

Carlette Bradley

NOTES

KEY POINTS

✓

✓

✓

✓



R.E.S.E.T YOUR THINKING AROUND THIS TOPIC

R Realization

What stood out to me or shifted my thinking?

E Emotion

What did I feel during this session?

S Surrender

What do I need to release, let go of, or stop carrying?

E Exchange

What truth, belief, or mindset will I choose instead?

T Take Action

What is one small step I will take moving forward?

WHY AM I LIKE THIS?



TOPIC OVERVIEW

Understand the patterns, behaviors, and survival strategies that shaped who you are.

SPEAKER

Kristal Walker

NOTES



KEY POINTS

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R.E.S.E.T YOUR THINKING AROUND THIS TOPIC

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What truth, belief, or mindset will I choose instead?

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GRIEVING UNMET EXPECTATIONS



TOPIC OVERVIEW

Create space to acknowledge and process the losses we rarely name out loud.

SPEAKER

Raphael Bosley

NOTES

KEY POINTS

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REAL HEALING REQUIRES REAL TRANSPARENCY

TOPIC OVERVIEW

Honest dialogue and guided reflection that invite healing through truth and vulnerability.

NOTES

KEY POINTS

✓	✓
✓	✓



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OVERCOMING OFFENSES

TOPIC OVERVIEW

Learn how to release hurt, reclaim peace, and move forward unburdened.


SPEAKER


Raphael Bosley





NOTES

KEY POINTS











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SELF-CARE IS NOT SELFISH



TOPIC OVERVIEW

Reframe rest, boundaries, and self-care as essential for sustained healing.

SPEAKER

Kristal Walker

NOTES



KEY POINTS

✓

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REWRITE YOUR STORY



TOPIC OVERVIEW

Clarify what you're releasing, what you're reclaiming, and how you want to move forward.

SPEAKER

Pauline Dudley

NOTES



KEY POINTS

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✓	✓

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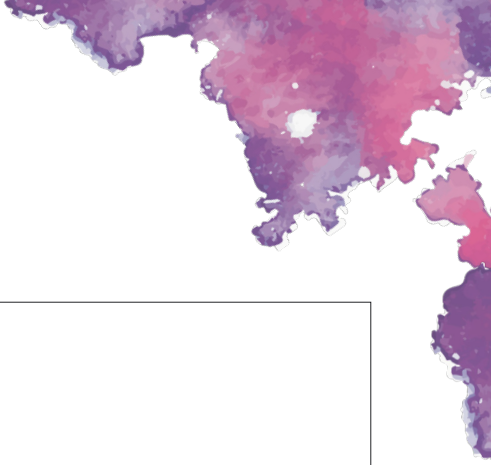
NETWORKING AND CONTACTS

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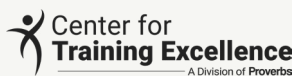
A HEARTFELT THANK YOU



This experience would not be what it is without each of you.

To every woman who showed up—thank you. For your presence. For your honesty.
For your courage to lean in.

To our partners, vendors, and sponsors—thank you for helping us create a space that supported this experience in such a meaningful way. What was shared here matters. What was released here matters. What was gained here matters.



LET'S STAY CONNECTED

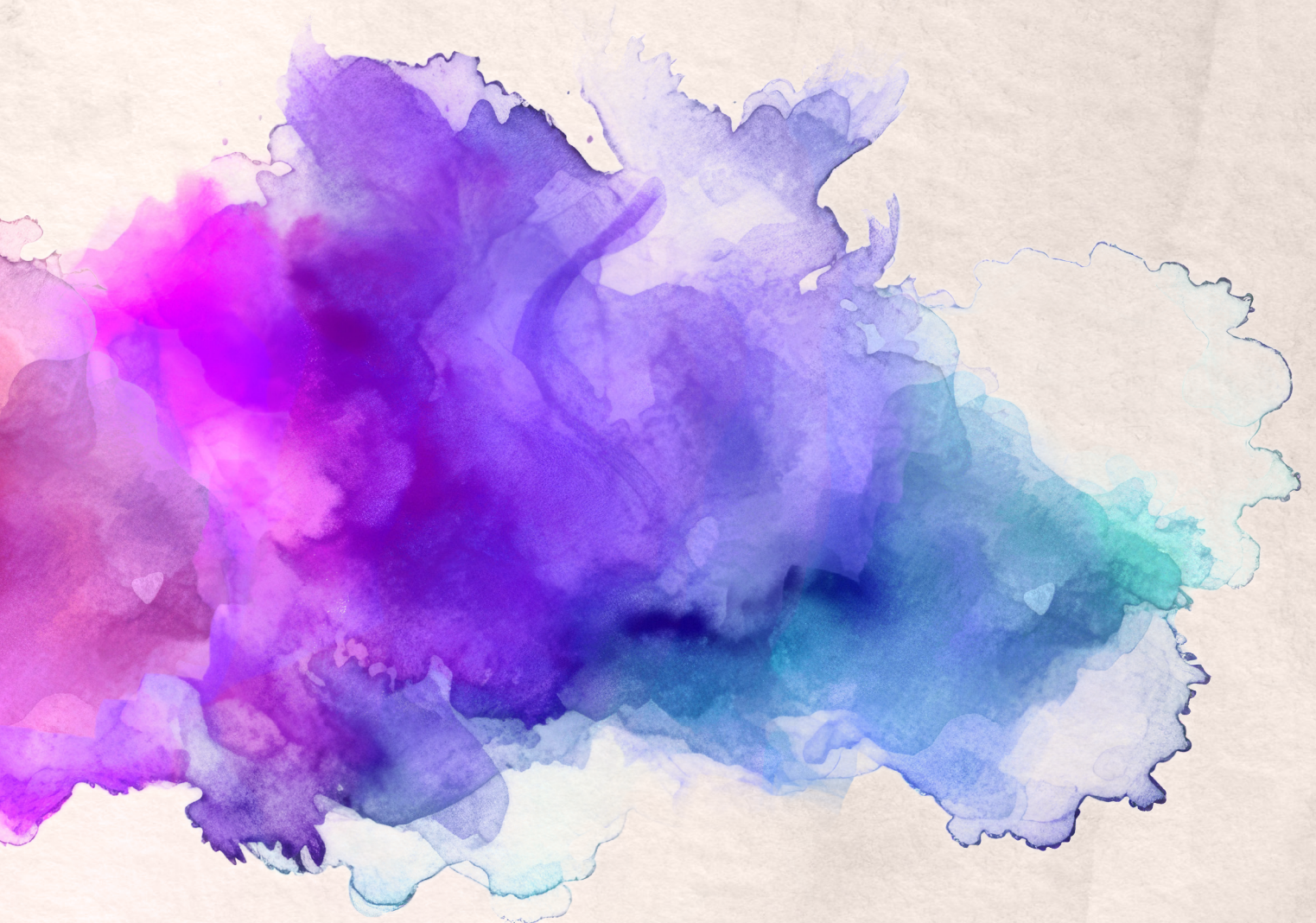
If this experience impacted you, we invite you to share your reflections, moments, and takeaways. Your story may be exactly what another woman needs.

Tag us and use:

[#HealForRealExperience](#)

@IamKristalWalker Kristal Walker

“Transformation begins
the moment you allow
yourself to *be honest* about
what *you need*.”



HEAL
REAL