

TODAY


mindpower
STRATEGIC

The Power Of RENEWAL

A new mindset for energy management and resilience.

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About Mindpower Strategic



Mindpower Strategic, LLC is a Diversity, Equity, Inclusion and Culture-Shaping firm dedicated to helping organizations center their values, drive aligned behaviors, and achieve breakthrough results. Offering a full spectrum of strategic consulting, facilitated learning, and change management solutions, Mindpower Strategic is uniquely positioned to help you enrich your culture, engage your workforce, and execute your strategy.



Angela Cooper (she|her)

Founder and Principal Consultant

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Angela has over 20 years of business experience leading change and evolving cultures in healthy ways. She founded Mindpower Strategic because she believes in the power of mindset to unlock transformational positive change. Angela serves as a thought-partner and strategist for forward-thinking business leaders who understand the value of shaping strong cultures and investing in Diversity, Equity, and Inclusion. She also curates unique empowerment experiences for teams and individuals.

The Retreat

The Power of RENEWAL: Recharge, balance, and protect energy for what matters most.

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This unique full-day experience was designed to enable high-achieving professionals to center their wellbeing, regenerate energy in meaningful ways, and strategically sustain themselves for the important roles they play at work and at home. The engaging and interactive program introduces the proprietary RENEWAL model for energy management and sustainability. Programming is constructed in a way that activates learning by pairing new insights with easy-to-use practices and applicable tools. Participants will leave with solutions they can use right away to make a powerful impact in their daily lives.

Agenda:

7:30am: Morning Movement Yoga + Intention-Setting

8:00am: Breakfast/Intros + Recenter, Emotions, Nervous System Programming

11:00am-12:30pm: Creative Wellbeing Practice and Lunch

12:30pm: Enjoyment, Worthiness, Advocate, Less Is More Programming

3:30pm - Resilience Plans + Reinforcement Tools

5:00pm - 6:00pm: Closing Reception

This powerful program presents a condensed collection of emerging relevant research, experiential best practices, and evidence-based practical solutions for energy renewal, burnout prevention, and resilience-building.



What People Say

"What an affirming and empowering experience!"

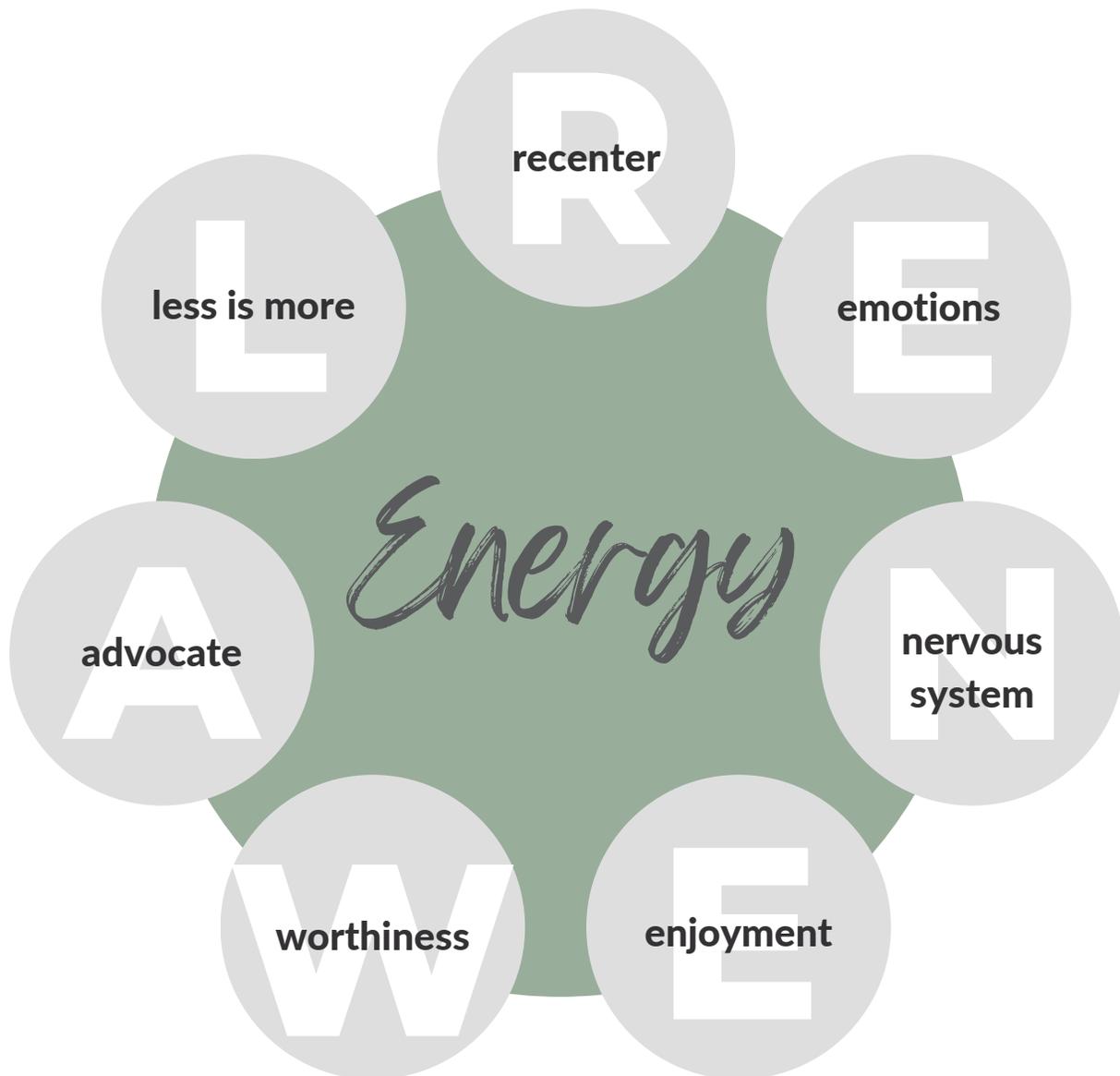
"I was beyond honored and appreciative to be able to participate in this retreat!"

"Friends, I cannot recommend this experience enough! Angela creates this beautiful transparent space to connect with new friends and release what weighs you down."

"Gift your team, your executives, your self with a day away. I'm still using tools she provided to stay centered. I'm still so grateful for the new friends I met."

The RENEWAL Model

Each step of the model represents a set of concepts and techniques you can use to replenish, protect and preserve your energy for what matters most.



What You'll Gain



The Power of RENEWAL Program Equips Participants To:

- Create space for meaningful self-discovery and reflection
- Recognize important truths about the nature and consequences of chronic stress
- Engage in focused work to assess sustainability and burnout risk factors
- Practice new techniques for creative stress release and energy management
- Deepen team connections and psychological safety
- Discover useful strategies to maximize personal energy and build long-term resilience

Attendees will receive an exclusive RENEWAL course manual with summarized key takeaways and reference materials including a personalized resilience + sustainability plan to reinforce their learning.

Logistics

Investment

Pricing is based on organizational size and needs. Options available for the full-day retreat experience, 8-week cohort, single workshop module (90-minute avg.) for up to 40 people, or 60-minute keynote for 100+ people. Reach out to ask about customized packages and special nonprofit/small business pricing.

Format

In-person, interactive learning with workshop-style facilitation, activity-based practices and writing activities.

Space Required

A large, audio-visual equipped space with U-shaped or small group seating and room for movement-based exercises is ideal. Two separate rooms can be utilized for the retreat experience.

Support & Tools

Prep meetings to customize activities most relevant for your group.

All retreat/workshop activity supplies provided. (Meals/refreshments not included.)

RENEWAL workbook to guide meaningful reflection, note-taking, and reinforcement.

A special surprise attendee gift is provided to all participants.

Why Choose Us

At Mindpower Strategic, we have years of experience evolving cultures in healthy ways to be more inclusive and empowering. Our tone and approach are centered in techniques that create psychological safety, draw people in and inspire them to be their best selves. We strive to create transformative learning experiences with meaningful insights and directly applicable takeaways that inspire lasting behavior change.

Get In Touch



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www.mindpowerstrategic.com/the-power-of-renewal