

## Health, Wellness and Lifestyle Coaching Retreat for Coaches and Health Practitioners

Venue: Summit Farms, Olympia WA <https://summitfarms.co>

**Saturday – Sunday, July 13-14, 2024**

*(Welcome Reception, Friday July 12, 2024, 6 pm to 8 pm)*

### **About This Retreat**

This first-ever retreat is designed exclusively for those individuals who provide health, wellness and/or lifestyle coaching and support services to clients and/or patients. As an ally of your client or patient, you facilitate behavior change by empowering your clients to self-discover their values, understand their skills and strengths, set a vision for the future, tap resources - and set strategies that work! Our presenters and faculty were selected with a focus on advancing the professional practice of health, wellness and lifestyle coaching. Those professionals who want to deepen their craft and master their practice – will benefit by openly sharing with experts and colleagues. A coach becomes a strong ally for their client. Go to <https://www.joediehl.com> for updated information on the retreat, information on the venue, and lodging options.

**This event has been approved for 13 (thirteen) hours of Continuing Education (CE) credits by the National Board for Health & Wellness Coaching (NBHWC). Coaches must attend the qualifying sessions, and will receive a Certificate of Completion with the NBHWC event approval number at the closing ceremonies.**

Besides learning in a comfortable classroom in a peaceful rural setting, we have plenty of interactive/networking time and down time for mind-heart-body-spirit practices. Even if you are simply considering coaching and mentoring others or are a student in a coaching program – you are welcome to register. *Students: call Joe at 206-290-5498 to see if you're eligible for a discounted registration.* We welcome anyone who works with clients or medical patients - health & wellness coaches, doctors, naturopaths, physical therapists, life/lifestyle coaches, nutritionists, dieticians, educators, counselors, athletic coaches and mentors. There is something for everyone whose focus is improving the lives and health of others through individual one-on-one and group coaching.

**Attendance is limited: only 50 coaches will be admitted to this retreat and only 12 sponsors. First-come-first served.**

This retreat provides a variety of course content designed to increase your skills, knowledge and success as a coach in almost any field. Core competencies covered include the following:

#### **Competency areas for the practice of health and wellness coaching:**

1. Coaching Structure.
2. Coaching Process.
3. Health and Wellness Knowledge.
4. Coaching for Lifestyle Change.
5. Cultivating Client Self Awareness for Fostering Behavior Changes.

#### **Business development for a health and wellness coaching business:**

1. Health and Wellness Coach Marketing.
2. Group Coaching Session Pricing Models.

#### **Health and wellness coaching sub-specialties:**

1. Group Coaching Skills.
2. Coaching in Healthcare, Physical Therapy and Rehabilitation.
3. Implementing behavioral change through a “Tiny Habits” approach (BJ Fogg).
4. Coaching Caregivers serving Dementia and Alzheimer’s Patients.
5. Coaching Clients Experiencing Trauma, Stress and Anxiety.

## **About This Retreat (Continued)**

**Measurable retreat objectives** which align specifically with the practice of health and wellness coaching are as follows. Upon completion of the program, an attendee will:

- Become aware of the latest coaching techniques and practices that facilitate and empower clients to develop and achieve their own, self-determined goals, action steps and how their clients will hold themselves accountable.
- Be exposed to a wide range of topic areas of concern and become conversant in these areas for their clients, and learn how to use evidence-based, client-centered processes to empower clients.
- Learn ways further empower clients individually or as a group, through encouragement, exploration, creativity and mobilization of internal signature strengths, self-discovering core values and becoming aware of signals from their own mind, heart, body and spirit.
- Develop processes to encourage a client to develop actionable strategies, to choose action steps and SMART\* goals in order to facilitate a client's development of self-efficacy – that is, the client's own belief in his/her ability to initiate change and achieve the goals which they set for themselves. *\*Specific, Measurable, Achievable, Relevant and Time-Bound.*
- Implementing outreach and innovative marketing approaches to reach more clients.

The format for the retreat is at a unique, rustic sustainable farm - environmentally managed. Keynote speakers and presenters include these faculty members (all confirmed):

- **Dr. Michael Arloski PhD PCC NBC-HWC**
- **Jennifer Newton NBC-HWC FMCHC**
- **Dr. James Gordon MD (via recorded Zoom)**
- **Jennifer Howe NBC-HWC PT FMCHC**
- **Dr. David Hanscom MD (via live Zoom)**
- **Megan Somerville-Loomis, MBA, BFA, CLC**
- **"America's Coach" - Coach Michael Burt (via live Zoom), Closing Keynote Presentation**
- **Joseph B. Diehl CPA JD FMCHC**
- **Mitch & Michelle Lewis - Summit Farms Owners/Facilitators**
- **Treacy Kreger - Fresh Farm Food Sourcing and Preparing**
- **And... "Elwood - the BAND!" Tom Ranken's *Ranken File 60s 70s 80s* in a Woodstock Format**

*You must provide your own vehicular transportation from hotels to/from Summit Farms. The second floor venue in the barn is not readily handicap accessible. If you need a reasonable accommodation due to a disability, retreat organizers will use their best efforts to accommodate your request. Email Joe Diehl at [joseph.diehl@gmail.com](mailto:joseph.diehl@gmail.com) to make a request.*

*Dress: summer casual. Bring a blanket for the "Woodstock" style concert on Saturday night.*

*Many resources will be provided on flash-drives or hard copy - for those in attendance, including all Zoom presentations at the retreat, recipes used for the key meals, and selected presenter published/autographed books.*

## **About This Retreat (Continued)**

### Schedule At-A-Glance (Full Program Appears Below)

#### **Friday, July 12:**

During the day Presenters and support staff to meet and prepare for the event (optional). TBA  
6:00 PM – 8:00 PM Welcome reception and wine tasting at Summit Farms

#### **Saturday, July 13: Retreat – Day 1**

8:30 AM to 5:15 PM Classroom and lecture presentations (includes lunch).  
5:15 PM to 9:00 PM Reception, dinner and Woodstock-style concert.

#### **Sunday, July 14: Retreat – Day 2**

7:30 AM to 3:30 PM Breakfast, classroom and lecture presentations (includes lunch), and closing ceremony.

*Certificates of Completion will be provided at the closing ceremony.*

## **How to Register**

*(Note: Registration is Limited to the First 50 Coaches, and First 12 Sponsors. First-Come-First-Served. No Exceptions)*

Registration Fee (50 Only): \$299 per person (\$349 after June 12, 2024).

<https://cvent.me/x8ezyZ>

Sponsor Registration Fee (12 Only): \$549 per organization (includes one attendee).

<https://cvent.me/x8ezyZ>

If the retreat organizers cancel the retreat, full refunds will be given by check on June 12, 2024. Registration fees are non-refundable after June 11, 2024. Refunds prior to that time, will be made by check, less a \$25 processing fee.

## **Keynote Presenter – Confirmed**

**Dr. Micheal Arloski PhD PCC NBC-HWC (In Person).** A pioneering architect of the field of health and wellness coaching, Dr. Arloski's life's work and passion is creating allies for a healthy world. He and his company, Real Balance Global Wellness Services, Inc. have trained thousands of coaches around the globe. A psychologist with over twenty-five years of clinical work and professional contribution to the field of health and wellness promotion since 1978, he is a founding board member of the National Board for Health & Wellness Coaching and is now a Board Member Emeritus.



Dr. Arloski is the author of Wellness Coaching for Lasting Lifestyle Change, 2nd Ed., the foundational book of the field, and Masterful Health & Wellness Coaching: Deepening Your Craft. His leadership history includes being Past President of The Ohio Society for Behavioral Health & Biofeedback, The Colorado College Counselors Association, and President of the Board of Directors of the National Wellness Institute.

## **Featured Presenters and Faculty – Confirmed**

**Jennifer Newton NBC-HWC FMCHC (In Person).** Jennifer is a national board-certified health and wellness coach. She is also a RE-code 2.0 certified coach. RE-code is the official training of The Bredesen Protocol, which focuses on the reversal of the cognitive decline in individuals with early Alzheimer’s disease, MCI, SCI, or other cognitive declines. Jennifer is also a certified HeartMath Practitioner. Jennifer graduated from Northwestern University and did graduate work in adult learning and development. Her coaching specialties and client services are in the areas of stress transformation and work/life balance, coaching caregivers, dealing with client menopause issues, and using character strengths to foster an understanding of oneself.



**Jennifer Howe NBC-HWC PT FMCHC (In Person).** Jen is an FMCA-certified and a NBC-HWC health coach – and a practicing physical therapist. She added coaching to her skill set with the desire to provide more holistic care to her PT clients. Her time is split between seeing physical therapy patients in the clinic and in her coaching business “How Everything Matters Health Coaching.” In addition to seeing orthopedic clients, Jen specializes in seeing Women’s Health clients in physical therapy and this extends into coaching as well. This includes pre and postpartum women through the menopause transition and beyond.



**James S. Gordon, MD (By Recorded Interview Specifically for those Attending This Retreat).** Dr. Jim Gordon is a Harvard-educated psychiatrist, is internationally recognized for using self-awareness, self-care, and group support to heal population-wide psychological trauma. He is the Founder and CEO of The Center for Mind-Body Medicine in Washington, D.C. founded in 1991, a clinical professor at Georgetown Medical School, and was chairman (under Presidents Clinton and GW Bush) of the White House Commission on Complementary and Alternative Medicine Policy. *(Dr. Gordon has committed to be out of the country in July – offering to provide services to trauma victims in Gaza or in Ukraine war zones)*



Dr. Gordon’s latest book, *Transforming Trauma: The Path to Hope and Healing*, helps us understand that trauma will come sooner or later to all of us. Trauma, he explains, is a human experience, not a pathological anomaly. The book provides a comprehensive evidence-based program to reverse the psychological and biological damage that trauma causes. He shows how society can successfully meet the challenges that trauma brings, discover the ordinary joys as well as the meaning and purpose of our lives.

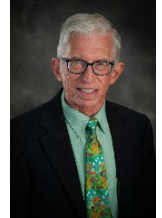
We come to know that our broken hearts can open with greater compassion and love. The founder of The Center for Mind-Body Medicine (CMBM), Dr. Gordon wanted to create a healing community and community of healers, to make self-awareness, self-care, and group support central to all health care, to the training of health professionals, and the education of our children. He understood, even then, that all of us, regardless of age or educational level, have a great and largely untapped capacity to help and heal ourselves and heal one another. Dr. Gordon leads an international faculty of 130 who have trained more than 6,000 clinicians, educators, and community leaders. They in turn have brought CMBM’s therapeutic and educational program to many hundreds of thousands of traumatized and stressed adults and children, as well as people confronting the challenges of anxiety, depression, and chronic disease.

## **Featured Presenters and Faculty – Confirmed (Continued)**

**Megan Somerville-Loomis, MBA, BFA, CLC (In Person).** Megan developed and implemented training programs for The Boeing Company’s Leadership Center, coached non-profits’ Boards of Directors through Boeing’s Community Involvement program, and was an executive coach for the 777 Airplane Program. As a result, she developed an understanding of the impact and importance of meditation on both clients’ and coaches’ health and success. Megan is excited to share her experiences and the latest scientific brain research supporting the connection between meditation and coaching.



**Joseph B. Diehl JD CPA FMCHC (In Person).** Besides being the organizer of his event, Joe is a functional medicine health coach and consultant, providing services to a wide range of individuals and organizations. Prior to his entry into the health field, Joe held a number of positions in accounting, finance and as an Executive Director of nonprofit organizations. He earned his FMCHC from the Functional Medicine Coaching Academy, his JD from UIC-Law in Chicago and his BS in Accountancy from Northern Illinois University.



Joe is dedicated to improving the lives of others through coaching and education, in the areas of personal development, developing a coaching practice, transforming trauma and most recently, coaching high-performance athletes. He also provides business services and advice to small businesses, nonprofits and sole practitioners wishing to expand or improve their practice and business structure. In the first half of his career, he rose through the ranks of accountants from line staff to the Chief Financial Officer level.

In the second half of his career, he dedicated his work to assisting nonprofit organizations providing social services such as housing and health care. Joe also is a public speaker at conferences and conventions, and provides both individual and organizational consulting and supporting services.

**Coach Michael Burt (Live via Zoom, Closing Keynote Presenter on Sunday, 2 pm) - “America’s Coach.”** Coach Michael Burt was already a successful basketball coach when he discovered – quite by accident, how to motivate himself and those he was coaching. Since then, he has written 14 impactful books and is now considered one of the authorities on motivating high performance in individuals and teams across the world. He helps tens of thousands of people per year and is hired to coach, speak, train and lead people how to perform at higher levels of performance. For those of you who want to grow your coaching practice, he will come to us via Zoom at the close of our retreat, our closing keynote speaker. A master at cultivating a “competitive intelligence” within his players, Burt’s revolutionary philosophy garnered global attention.

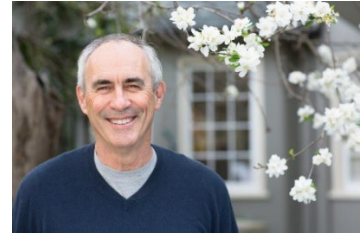


This led to his writing 14 impactful books, setting the stage for his transformation into a sought-after business and client generation growth expert. Transitioning from sports at 31, Burt built a multimillion-dollar coaching empire and founded the Monster Producer coaching program, which has reshaped sales professionals and business owners alike. With an unwavering goal of achieving 43% growth within a year, Burt consistently empowers individuals to redefine success. At 47, he's recognized as "America's Coach," fusing his championship coaching background with a dedication to unlocking people's potential in the business world.

## **Featured Presenters and Faculty – Confirmed (Continued)**

### **Dr. David Hanscom MD (Live Via Zoom on Sunday, July 14 at 1 pm).**

Hanscom is an orthopedic complex spinal deformity surgeon who was based in Seattle, WA for over 32 years. He retired from his practice in 2019 to focus on teaching people how to break loose from the grip of chronic mental and physical pain – with and without surgery. His insights arose out of escaping from his own 15-year ordeal of suffering with severe chronic pain, captured in his book, *Back in Control: A Surgeon's Roadmap Out of Chronic Pain, 2<sup>nd</sup> Edition.*



He has been relentless in his pursuit of finding better answers to optimize his patients' outcomes. His last five years of searching with a better understanding of the basic science and clinical literature has revealed the root cause of chronic mental and physical pain. He believes every symptom, pleasant or unpleasant, is created by your body's response to your surroundings. Cues of safety create a sense of contentment and well-being. Threats cause the opposite effect, including elevations of your stress hormones, increased metabolism, and inflammation. Structural abnormalities are a factor in only a small per cent of the time. Sustained and prolonged threats (including your own thoughts and emotions) cause illness and disease.

## **Retreat Supporting Staff**

**Mitch and Michelle Lewis** are the owners of Summit Farms, and will be hosting and assisting in managing the retreat. Mitch will provide a luncheon keynote address and Michelle will facilitate the Sunday morning discussion group.

**Mitch Lewis** is celebrated speaker, acclaimed author, successful business leader and a world-renowned athlete who has passionately guided thousands of people in their journey to find their passion. He is one of the only individuals in the world to summit the highest mountains - including Everest, and run marathons on all seven continents, all after the age of 45. Mitch is an inspiration for anyone seeking to move beyond their challenges and reach new heights.

**Michelle Lewis** has been on a journey in her own right of self-realization and enlightenment. She invested many years learning and implementing good mental health, along with spiritual and physical health practices. Having completed a course in life coaching, Michelle focuses on coaching women, starting discussion groups and running meetings. And both Mitch and Michelle have a farm to run!

**Ryan Edwards, Natasha Majors and Jasper Majors** are our meeting planners and coordinators for the event. **Ryan** is an enrolled member of the Enterprise Rancheria tribe of California. After graduating from the University of Arizona, Ryan worked his way from his tribe's casino/resort to a national position in advocating for Native American housing – and then being promoted to a senior finance and management role. **Natasha** built a career in hospitality in several world-class hotels and conference and retreat centers in the Pacific Northwest. She now serves as a Director of Operations and in Human Resources. As a member of the venue's executive teams, Natasha rose through the ranks in the industry in virtually all areas of hospitality – food & beverage, housekeeping, guest services and maintenance. **Jasper** has 27 years in logistics and freight, and will assist us in overseeing the operational aspects of the retreat – ensuring that supplies, equipment and meal logistics (and the like) happens according to schedule.

## Retreat Supporting Staff (Continued)

**Treacy Kreger** is our professional chef who has a unique role – who sources all the local, fresh farm-raised food for our main meals. With 30 years as a professional chef, his mission is to cultivate a sustainable food ecosystem – where farmers AND consumers thrive, and our land’s agricultural heritage and richness endures. His passion at South Sound Fresh, is all about connecting local farmers with consumers like us – who value and thrive with fresh, sustainable and locally sourced food. Treacy facilitates a seamless process which provides farmers with invaluable support in marketing, selling, packaging and preparing foods. That frees them up to produce high-quality and sustainable food.

This retreat is founded on a principle that we must preserve agricultural land for future generations. He loves retreats and stated, *“People come on spiritual retreats and leave thanking me. It’s a unique experience unlike any other food-based retreat they’ve ever known.”* He preaches the farm-to-table gospel: *“Why do we treat food as a means to one end (sheer survival) rather than as an opportunity to support both the physical health of the individual along with the financial well-being of the local economy? It took over 30 years for the United States to embrace organic products.”*

Treacy sources fresh farm-raised food from Skokomish Valley Farms, Tunawerth Creamery, Colvin Ranch, Vern’s Foods & Farm, Baker Greens Farm, Blue Heron Bakery, Chehalis Valley Farm, OlyKraut - and many others.

**Tom Ranken and his band, Ranken File** will rock out on Saturday night in a Woodstock-style concert at the farm. Visit his band’s website at: <https://www.rankenfile.com/>

**Israel Medrano** is our technical support manager, ensuring that both on-site and Zoom presentations are error-free. Israel is a dedicated media professional at Studio 99 Multimedia. Israel will be offering technical support for our onsite Zoom presentations and a range of multimedia needs. Israel has great understanding of modern tech, and internet technologies, that ensures seamless communication solutions for clients.

Studio 99 Multimedia is a Multimedia company based in Central Washington that specializes in effective communication utilizing today’s video, graphics, and digital technologies. The Studio 99 team has many talented individuals with specializations in digital fields including digital advertising, media production, social media, eLearning - to name a few.

## Venue

**Summit Farms.** *The twenty-eight beautiful acres of Summit Farms are situated near Millersylvania State Park and include a 1910 two-story Gambrel barn and Event Center, Farm Store/Welcome Bar, Milk Parlor, a 1912 three-story original farmhouse along with a recently restored century old Root Cellar, two Greenhouses, a private Cedar-lined authentic Finnish steam sauna and fields to play in. The owners – Mitch and Michelle Lewis ultimately intend to show how small family farms can still thrive and help lead the way for solving food insecurities along with managing droughts. They are focused on protecting valuable farmland, strengthening the local food systems to enjoy the benefits of good nutrition, health, community health, and strong stewardship to nurture a more vibrant local food system.*

<https://summitfarms.us/>



## **Hotel Room Block (\$169/night plus tax) and Alternative Accommodations**

DoubleTree by Hilton hotel in downtown Olympia, across from the Percival Landing waterfront. This top-of-the-line hotel is within five blocks of The Olympia Farmers Market and the Hands On Children's Museum.

The Washington State Capitol Building is a mile away. Enjoy Sweet Dreams® beds, an indoor pool, and on-site dining. Every stay begins with a warm DoubleTree Cookie. Room block is limited and EXPIRES on May 9, 2024:

<https://www.hilton.com/en/book/reservation/rooms/?ctyhocn=OLMCWDT&arrivalDate=2024-07-12&departureDate=2024-07-14&groupCode=CDTFM2&room1NumAdults=1&cid=OM%2CWW%2CHILTONLINK%2CEN%2CDirectLink>

### **Why Should I Attend?**

Our weekend retreat provides a full schedule of learning opportunities around health, wellness and lifestyle coaching. Dr. Arloski encourages us who coach others, to "Deepen their Craft." A wide range of other experienced coaches will share their experiences, processes and new breakthroughs. A retreat in a rural area takes us back to our ancestral roots. A relaxing retreat provides camaraderie, networking and connections with others who do what we do – *COACH!* "Everybody needs a coach" – Michael Burt.

Retreat organizers will provide you with 4 nutritious and healthy meals – which is actually a training moment as well. Treacy Kreger has committed his life to providing farm-fresh food to the community. We are also offering 2 wine tastings during our evening receptions on Friday and Saturday. The registration fee does not include travel costs, campsites/RV hook ups nor hotel accommodations which have been arranged by retreat organizers.

Summit Farms offers five (5) RV hookups which are offered on a first-come-first-served basis at market rates for similar sites. Camp on the farm – for only a small fee per day which includes complimentary sauna use and basic necessities like access to bottled water, and shared porta-potties and campsite shower equipment.

Classroom training and education in the Red Barn will be the primary format for the weekend. Breakout sessions with fellow coaches will also be provided for brainstorming and case-study purposes. There will be several networking opportunities and time to enjoy nature. The band "Ranken File" will entertain you in a Woodstock-style outdoor concert. You'll likely meet new people who may become life-long friends on similar journeys.



## COMPLETE PROGRAM

### **Friday, July 12, 2024 (Arrival Logistics – Welcoming Reception)**

*(By invitation for presenters, organizers and support staff) Noon – 3:00 PM: Luncheon at the Doubletree Hilton for Presenters, Technology and A/V specialists, Coaches and Moderators. We will load and preview all PowerPoint and training video presentations. All retreat staff will get their assignments. Name badges will be printed. Any hard copy materials and swag will be stuffed into swag-bags. Food sourcing and recipes will be finalized. Any last-minute arrangements for equipment, products and needed services will be coordinated.*

3:00 PM to 6:00 PM: Arrival for those staying on-site; assignment of campsites/RV sites,

4:00 PM: Check-in opens for those staying at the Doubletree Hilton. Ride-sharing to the farm at 6 PM (5:30 pm departure)

6:00 PM – 8:00 PM: Welcome reception at Summit Farms, tours, opening remarks and intro to our retreat’s program; heavy appetizers and healthy grazing food, beverages, wine tasting and networking.

### **Saturday, July 13, 2024 (Day 1)**

7:30 AM to 8:30 AM: Arrive, morning coffee, tea, assorted sliced fruit. (Standard breakfast, on your own)

8:30 AM to 8:50 AM: Welcoming remarks, introductions and review of the program/logistics for both days.

8:50 AM to 9:00 AM: Native American enrolled member of the Enterprise Rancheria tribe, Ryan Edwards – provides the opening prayer and ceremony.

9:00 AM to 10:00 AM: Jennifer Newton – Cognitive Brain Health Overview; Coaching Caregivers Facing End-of-Life situations. Jennifer shares recent breakthroughs in treating cognitive brain issues and coach’s roles with their clients. Related to aging, caregivers often have to face a number of challenges and apply techniques to comfort those in end-of-life scenarios. Jennifer has co-developed and delivered training for health coaches on how to coach/work with dementia, Alzheimer’s and other end-of-life caregivers.

10:00 AM – 10:15 AM: Break

10:15 AM – 11:45 AM: Keynote Lecture Part I - Dr. Michael Arloski, Principles of Health and Wellness Coaching. Dr. Arloski literally “wrote the book” on wellness coaching for lasting lifestyle change and in this segment, he reviews proven approaches observed over many decades, that work with coaches for serving their clients and patients in an optimal way.

11:45 AM – 1:15 PM: Working Lunch: a healthy, farm fresh luncheon presented by Treacy Kreger and 1 hour presentation: PART 1 - Megan Somerville-Loomis on coaching clients on meditation techniques and benefits to coaches and others in our practices - including leading group meditation sessions.

1:30 PM – 3:00 PM: Keynote Lecture Part II: Dr. Michael Arloski – Mastering Health and Wellness Coaching. Dr. Arloski’s most recent book published in 2021 has become a textbook in coaching programs due to the depth of its research and insights on how coaches can “deepen their craft.”

## Saturday, July 13, 2024 (Day 1) - Continued

3:00 PM – 3:15 PM: Break

3:15 PM to 4:15 PM: Trauma and Stress Transformation – James Gordon (recorded interview for this retreat audience) - with Jennifer Newton and Joseph Diehl leading two trauma transformation exercises developed by Dr. Gordon. *Dr. Gordon will be working with victims of trauma in the Gaza Strip this summer and is unable to attend this retreat in person. Dr. Gordon shares the long history of how the medical profession and coaches struggled at finding solutions, and several of the techniques proven to work to ease the challenges of persistent trauma.*

4:15 PM to 5:15 PM: Jen Howe – Coaching women’s wellness across life transitions - and highlighting her own experiences in her practice. She also shares some breakthroughs and innovations that she’s spearheaded in her practice which also focuses on physical therapy and rehab, in addressing women’s wellness and wellbeing through coaching and support.

5:15 PM to 6:00 PM: Wine tasting reception and networking event. Meet and greet your coaching colleagues.

6:00 PM to 7:00 PM: Healthy, farm fresh dinner presented by Treacy Kreger with Keynote Address by Mitch Lewis

*Mitch Lewis – Summit Farms Owner: Find your Passion (In Person). Mitch is a celebrated speaker, acclaimed author, successful business leader & world-renowned athlete who has passionately guided thousands of people in their journey to find their passion. He is one of the only individuals in the world to summit the highest mountains - including Everest, and run marathons on all seven continents, all after the age of 45. Mitch is an inspiration for anyone seeking to move beyond their challenges and reach new heights.*



7:00 PM to 9:00: Woodstock Style outdoor music-fest featuring your favorite music by Tom Ranken’s *RANKEN FILE!*



**END OF DAY 1**

## **Sunday, July 14, 2024 (Day 2)**

7:30 AM to 8:30 AM: Healthy, farm fresh breakfast buffet presented by Treacy

8:30 AM to 9:30 AM: Open Forum – Ask the experts and share your coaching experiences. Led by a panel of our presenting coaches – but coaches attending are encouraged to participate! Facilitating the panel discussion is Michelle Lewis, co-owner of Summit Farms. Panelist include Dr. Michael Arloski, Jennifer Newton, Jen Howe, Megan Somerville-Loomis and Joe Diehl

*NOTE: Please text Joe Diehl prior to and during the event, so that your questions and views can be heard and discussed by all: TEXT 206-290-5498. Your questions and comments will be monitored by our technical staff before and during this session so that our Open Forum coaches can address them. Any question is “fair game” for these experts who collectively have nearly 200 years of experience in coaching and supporting clients embracing change.*

9:30 AM – 10:30 AM: Jen Howe – Exercise for longevity and vitality; coaching techniques for living long and healthy lives for clients of all ages. Many factors impact both bone and muscle health as people age, and coaching address and empowers clients to gain vitality and live longer. Jen will address the challenges of providing group coaching sessions.

10:30 AM to 10:45 AM: Break

10:45 AM – 11:45 AM: Jennifer Newton – Using the VIA Character Strength Survey and the Core Value Index to foster client self-awareness. Originally led by Martin E.P. Seligman Ph.D, the VIA survey represented a breakthrough approach which helps a person identify their 24 signature strengths. It is a useful tool when working with clients and patients who are seeking to change their lives.

11:45 AM – 1:00 PM: Working Lunch: a healthy, farm fresh luncheon presented by Treacy Kreger and 1 hour presentation. Joseph B. Diehl – Tiny Habits: a Technique to Implement Behavior Changes in Clients. Joe facilitates and provides an overview of the breakthrough principles shared by BJ Fogg PhD of the Behavior Design Lab at Stanford.

1:00 PM to 2:00 PM: Keynote Presentation, by Dr David Hanscom MD, coaching clients through chronic pain issues. Dr. Hanscom MD has achieved many breakthroughs during his three decades in working with chronic pain, and shares his experiences and coaching techniques when working with clients and patients.

### **Closing Keynote**

2:00 PM to 3:00 PM – BY ZOOM - Closing Keynote (Live) - America’s Coach, Michael Burt

### **Closing Ceremony**

3:00 PM: Closing Legacy Ceremony. Certificates presented to attendees. Optional ceremonial tree planting led by Native American enrolled member, Ryan Edwards. Each attendee will be provided a plaque to identify their tree for years and generations to come.

**END OF DAY 2**

## **Support our Sponsors and Vendors!**

Why is this retreat so inexpensive, you ask? This event and future events will be, in part subsidized by Diehl & Co. LLC and by our sponsors and vendors. Our goal is to spread health, wellness and lifestyle coaching techniques and support to the public. We hope to eventually depend more on our sponsors and vendors of products and services to help us defray the costs in the future. Coaches make a difference! Thank you for your support.

**NOTICE:** All attendees must sign in advance as a prerequisite to admittance, their understanding in writing that the information provided at this retreat provided by health, wellness and lifestyle coaches and experts is not intended as nor must not be understood or construed as medical advice. The information is only presented for educational purposes for coaches, to support their client's health, wellness and lifestyle or "heath-span" goals and visions for the future.



**Diehl & Co. LLC**

*Joseph B. Diehl, Managing Director*

Visit: [www.joediehl.com](http://www.joediehl.com)

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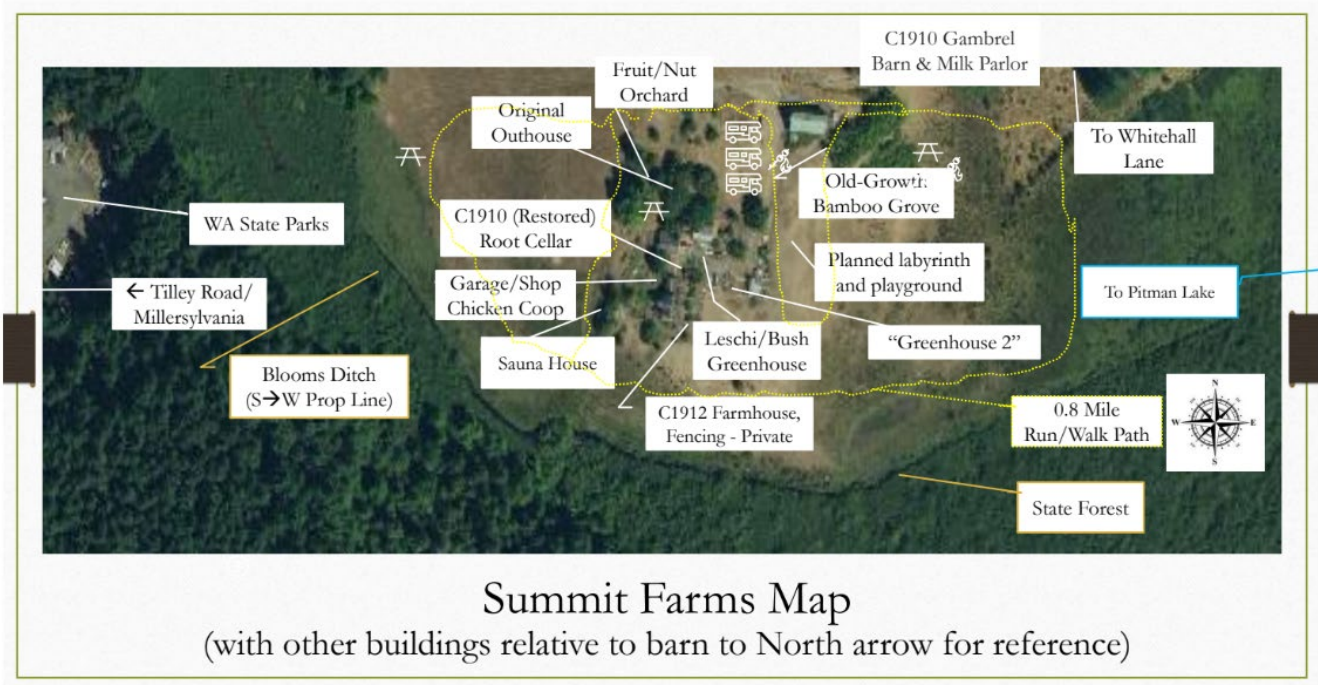
Fax (206) 388-4739

[joseph.diehl@gmail.com](mailto:joseph.diehl@gmail.com)

*Joseph B. Diehl CPA JD FMCHC graduated from the Institute for Functional Medicine's Functional Medicine Coaching Academy in February 2023 and is launching a series of retreats and trainings across the country, starting in his own locale, in Olympia WA. Joe has his roots in small rural communities. His personal mission is to inspire and empower others who share his beliefs and core values. Joe has served in the nonprofit sector since 1990 – creating his own organization in 1996. His company has successfully planned and executed 181 events. Prior to that, Joe held accounting/finance positions in the for-profit sector (1971-1989). Joe earned his undergraduate degree at Northern Illinois University and JD at UIC-Law (formerly, the John Marshall Law School) in Chicago. All proceeds generated from this event after payment of all expenses will be reinvested in future events promoting Functional Medicine. Personally, he is on a journey towards optimal health and wellness.*



**Summit Farms' co-owner Mitch Lewis shares his vision for the future.** <https://summitfarms.co>



## *Summit Farms - A Committed Community Partner!*

### *Community Partnerships*

We believe in the Power of Partnerships in our local communities. Mitch and Michelle are Certified Tourism Ambassadors and love working with and recommending other local vendors from the Olympia Farmers Market and other hospitality experiences along Thurston Bountiful Byway. We try to buy local wherever we can supporting other small farmers or ranchers.



We partner with public and private organizations that also share our environmental conservation mission, and support local family farmers like ourselves. We are extremely appreciative for the work of the many individuals and teams that have personally helped us and many others become better growers, while protecting our valuable bio-diverse farmland for generations to follow. We offer our continuing thanks to the U.S. Fish and Wildlife Service, the U.S. NRCS and USDA/WSDA, the Thurston Conservation District (TCD) has been especially supportive in a number of areas including our Voluntary Conservation Plan and Native Plant Sales. The 12-week WSU Cultivating Success course we took over the winter was an important step in our learning curve and the educators, information and cohorts are still paying off in farm benefits. Working with groups such as Conservation Farm Land Trust (CFLT), we are active in promoting sustainable, natural and beneficial long-term farming methods including permaculture. The Economic Development Council (EDC) has been invaluable in helping us put together a long-term vision, with a business and financial plan to support growing the business in partnership with the community.

***Thank You for your Support!***