



## Sample Corporate/Group Itinerary

### 8:00 AM - 8:30 AM: Registration and Welcome

- Participants arrive, register, and enjoy light refreshments.
- Welcome address from the retreat organizers, overview of the day's agenda, and introduction of facilitators.

### 8:30 AM - 9:30 AM: Opening Session

- Keynote presentation or inspirational talk to set the tone for the day.
- Icebreaker activity to encourage interaction and engagement among participants.

### 9:30 AM - 10:30 AM: Breakout Session 1

- Participants split into smaller groups for concurrent breakout sessions.
- Each breakout session focuses on a specific topic or skill relevant to the retreat theme.
- Facilitators lead interactive workshops, discussions, or activities.

### 10:30 AM - 10:45 AM: Morning Break

- Participants take a short break to stretch, network, and enjoy refreshments.

### 10:45 AM - 11:45 AM: Breakout Session 2

- Participants attend their second breakout session, choosing from different topics than the first session.
- Similar format to the first breakout session with interactive learning and discussion.

### 11:45 AM - 1:00 PM: Lunch Break

- Participants gather for a catered lunch or buffet-style meal.
- Informal networking opportunities during lunch to facilitate connections among participants.

### 1:00 PM - 2:00 PM: Team-Building Activity

- Engaging in team-building activity designed to strengthen relationships, foster collaboration, and promote teamwork.
- Activities could include problem-solving challenges, outdoor games, or experiential learning exercises.
- Cooking Challenges

### 2:00 PM - 3:00 PM: Breakout Session 3

- Participants attend their third and final breakout session of the day.
- Similar format to earlier breakout sessions, with a focus on different topics or skills.

### 3:00 PM - 3:15 PM: Afternoon Break

- Short break for participants to recharge, grab snacks, and prepare for the closing session.

### 3:15 PM - 4:15 PM: Closing Session

- Reflection and discussion on key takeaways from the day's sessions and activities.
- Recognition of participants' contributions and achievements.
- Closing remarks from retreat organizers and thank you to participants.

### 4:15 PM - 4:30 PM: Wrap-Up and Departure

- Final announcements, distribution of materials or resources, and instructions for next steps.
- Participants depart with a sense of accomplishment and inspiration from the retreat experience.

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