



Grounded to Grow

Nature Based OT Retreat

A place for nature-based pediatric occupational therapists
to get grounded and grow through community.

Grounded to Grow is an intentional community retreat, where each attendee contributes to the success of the event. We arrive as equals and colleagues, embracing an abundance mindset, open sharing, a willingness to give more than we expect to receive, and the intention to lift each other up as people, professionals, and business owners.

Dates:

Thursday August 24 at 6:00 pm through Sunday August 27 at 12:00 pm.*

*Start and finish times may vary slightly based on dinner and lunch times at the retreat center.

What you can expect:

- **GROUND** sessions supporting our connection to nature, theory, ourselves, and each other.
- **ROW** sessions to inspire our work, business, interventions, and professional advancement.
- Sessions are **not lectures** or workshops, but rather guided conversations, hands on experiences, and interactive opportunities.
- A sales-free space. **No self or business promotion**, only open sharing and swapping.
- Small group, conversation-rich connections as this retreat is **limited to just 30** nature-based pediatric occupational therapists.
- Indoor and outdoor sessions based on the weather and session theme.

What is expected of you:

- Positive **energy** to lift the group, the retreat, and the experience up
- **Facilitate** or co-facilitate a GROUND or GROW session based on your unique skills, interests, and knowledge (more details to follow).
- A commitment to be open minded, unplug as much as possible, **intention** to meet and connect with someone new, and professional transparency to openly share.

Location:

We will gather at the Loyola Retreat & Ecology Campus, a 95 acre natural setting with woodlands, ponds, prairies, and wetlands. You can view this location [here](#). Located 50 miles northwest of Chicago, it is 1 hour from the Chicago O'Hare international airport. You will be responsible for coordinating your own transportation to/from the retreat center. Chicago was intentionally picked because of its major airport and Central location to reduce cross country travel.

Housing:

Simple, no-fuss hotel-style **housing is included** in your retreat registration. All rooms are SINGLE occupancy and have a private bathroom. Review the accommodations [here](#).

Meals:

Nine meals are included in your retreat registration. Loyola prepares the meals on site and can accommodate most dietary preferences. Please complete the dietary needs section of the registration form. Review their dining services [here](#).

- Thursday: dinner in the Loyola dining hall
- Friday: breakfast, lunch, and dinner in the Loyola dining hall
- Saturday: breakfast, lunch, and dinner in the Loyola dining hall
- Sunday: breakfast and lunch in the Loyola dining hall
- Plus: a champagne toast Thursday night (non-alcoholic option also available)

A few additional snacks, drinks, and treats **will be provided**, including:

- A water station during the day Saturday and Sunday
- Healthy snacks during sessions Saturday and Sunday
- Simple campfire treats over the fire each night

Liability:

All attendees are joining this community-driven retreat at their own risk and under their own insurance. Adaptations Unlimited, LLC has secured liability insurance and is paying the premium. This was required by Loyola. However it is the intent of this retreat that no one organization is hosting this event nor does one organization assume the risk or responsibility for this event.

Swap:

We know some of you have pretty rad stickers, shirts, or swag. Since this is a sales-free retreat, we want to organize a free swap. So bring you cool stuff and swap with each other! More details to come on the Grounded to Grow private Facebook group.

Note: If you offer paid courses, coaching, curriculum, etc. related to nature-based therapy, we **do** want to support your work. However this retreat is not geared towards any sales. For this reason we

will have a dedicated post in a private Grounded to Grow FB group for you to share this information so everyone knows about your offer.

Price:

In the spirit of a community supported event, 100% of registration fees go towards the event organization. All costs are divided equally.

Item	Cost	Cost Per Person
Single Occupancy Hotel-Style Housing and 9 meals	\$115 per night	\$345
Thursday Night Champagne Toast (non-alcoholic options + juices available too)	\$6 per person	\$6
Session Snacks & Campfire Treats	\$10 per person	\$10
Medium Meeting Room Rental 4 Days	\$1050	\$35
Buffer for Unexpected Expenses	\$5	\$5
Loyola Taxes	\$1040	\$35
Stipend for retreat organizer (divided equally for 4 organizers) time to help cover travel or registration expenses	\$2000	\$67
Subtotal		\$503
Transaction fee	2.9% of subtotal + \$0.30	\$15
Total Registration Fee (Rounded up for simplicity)		\$520

Additional costs you may experience:

- Flights
- Transportation to/from the retreat center
- Personalized snack choices

Payment Schedule

Upon registration you will have the option to either pay a 20% non-refundable deposit or pay-in-full. If you pay the deposit, **final payment will be due on May 15, 2023.**

Cancellation:

We understand that life happens and there is a chance your plans will change. Adaptations Unlimited, LLC has volunteered to take on financial risk and has **paid a 20% non refundable deposit** up front to secure the site. Per contract we are still required to pay a significant portion of the Loyola fees even if we cancel the event.

We cancel	We pay
August 17-24, 2023	100% total fee
July 23 - August 16, 2023	80% total fee

May 22 - July 22, 2023	60% total fee
Feb 22 - May 21, 2023	40% total fee (deposit)
Now - Feb 21, 2023	20% total fee (deposit)

And per contract we must submit a confirmation of attendee numbers 45 days in advance to Loyola and are then **required by contract to pay** for those confirmed numbers, even if the final numbers are lower. For these two reasons, the following cancellation policy is in place.

- **Cancel BEFORE July 1, 2022: 40% refund**
- **Cancel AFTER July 1, 2022: Non-refundable**

Your Contributions

We **thrive** when we work in our zones of genius. We **shine** when we are passionate about a topic. For these two reasons, we want you to contribute to the retreat in a way that is meaningful, fulfilling, and energizing to you. You do great things and have a lot to offer. **So bring it here**, freely, joyfully, and with intention.

When you register, you will be asked for 1-2 possible topics/sessions that you would like to contribute to the retreat. We will do our best to fill in the schedule to ensure a well rounded retreat experience. The retreat schedule will be drafted by **APRIL 1, 2023** and you will be notified of the session you are leading or other ways you will be able to serve the retreat weekend. If leading a session, you will be asked to submit further details about your session plans by **APRIL 15, 2023**. A final retreat schedule will be shared with everyone by **MAY 1, 2023**.

You will be responsible for providing any and all materials, handouts, or equipment you need for your session. **It's okay to keep it simple. In fact, simple is good.** Everyone will have paper and pens available to take notes. You are welcome to make and bring valuable handouts or resources to share, or you can make them available digitally for attendees to print and bring.

Both Grounded and Grow sessions are intended to:

- Be interactive and conversation rich
- Screen free - **we will not have AV equipment** so there is no need to create a presentation
- Both indoor and outdoor space is available
- Experience based or hands-on when appropriate
- Supportive of our work as nature based pediatric occupational therapists
- Geared towards the therapist that is already doing this work, but ready to learn, grow, evolve, and advance as a business owner, therapist, leader, and community partner.

Specifically, **GROUND** Sessions support our connection to nature, theory, ourselves, and each other.

- Games
- Journaling
- Theories
- Ecology
- Hike
- Yoga
- Observation Skills
- Self Care
- Values, Goals, Visions, Dreams
- Reflection
- Networking
- Nature-Based Philosophies
- Silence, Rest, Hammocks
- Other: _____

And **GROW** Sessions inspire our work, business, interventions, and professional advancement.

- Assessments
- Interventions
- Running Groups
- Treatment Plans
- Parent partnerships
- Home programming
- Research / EBP
- Challenging Behaviors
- Marketing
- Blogs
- Social Media
- Hiring
- Company Culture
- Students
- Trauma
- Outdoor Skills (swings, climbing, fire, knife, tools, cooking, etc.)
- Other: _____

We are renting a meeting room all 4 days of the retreat. This provides us an indoor space, even on our half days, in the event of poor weather conditions. This room is designed for up to 50 people **so we should have space to move and work**. There will be tables and chairs but the space is dynamic and can be set up to allow for attendees to sit and move in all ways.

Notes on open sharing: You get to decide what and/or how much you share - we deeply respect your skilled work & intellectual property, so there is never an obligation to share ideas, content, or resources that you do not want to. Only bring/share/lead at a level that feels good to you. If you do share written resources, be sure to clearly indicate what others can and cannot use that resource for.

Other Offerings

This weekend will be what we as a collective make it. If there are other skills, talents, or interests you want to offer, please indicate on your registration form. We will reach out to see if we can make it happen. **Many hands make light work!** Ideas might be: airport rides, G2G gifts, professional headshots, managing the G2G Facebook group, “styling” the spaces. None of these things (well except airport rides) are necessary. In the spirit of keeping it simple, we will only add them if someone is inspired to lead them. No rush, no pressure, no obligations!

Notes on the Agenda (Grounded sessions; Grow sessions):

- Thursday:
 - Check In begins at 5:00pm
 - Dinner at 6:00pm
 - Sunset reception at 7:00pm
- Friday & Saturday
 - Meals take place at 8:00am, 12:00pm, and 6:00pm
 - Sessions morning & afternoon
 - Fire pit gatherings in the evenings
- Sunday:
 - Breakfast at 8:00am
 - Sessions in the morning, wrapping up for lunch at 12:00

**A comprehensive schedule with session topics will be provided on or before May 1, 2023.*

Frequently Asked Questions

Q: Can my non-OT colleague that works with kids outside also attend this retreat?

A: Priority registration will be for nature based pediatric occupational therapists. We will then open up the remaining spots for non-OTs that are actively working with kids outdoors. However, the focus and content of this retreat will remain geared towards pediatric occupational therapists providing skilled OT services outdoors. Please email us the name, discipline, and email address of the non-OT colleague so we can include them on the email list when/if spots are available.

Q: Is there a discount available if multiple therapists from my business register together?

A: No, as you can see in the cost breakdown, there is no profit margin and 100% of expenses are divided equally among attendees, so no discounts are available.

Contact Information

For questions regarding **registration or payment**, please contact:

Angela Rosenberg, Treeline Enrichment, angela@groundedtogrow.com

For questions regarding the **local area**, please contact:

Kate Davis, Adaptations Unlimited, kate@adaptationsunlimited.net

For questions about **retreat sessions**, please contact:

Marika Austin, Bearfoot OT, info@bearfootoccupationaltherapy.com

For other questions regarding **food, housing, hospitality**, please contact:

Kim Wilson, Natures Path OT, admin@naturespathot.com