

BUILDING YOUR CAPACITY TO LEAD: A Retreat for Educational Leaders

New Hampshire
**Learning
Initiative**



NHLI and NHSAA collaborated to offer a retreat focused on the impact that Physical, Cognitive, and Emotional health has on leaders in education. Learn about the research around wellbeing and capacity maintenance that is a game-changer in managing stress. Develop a personalized plan to build sustainable wellness practices.

Wednesday, July 24, 2024

8:00 a.m. - 3:30 p.m.



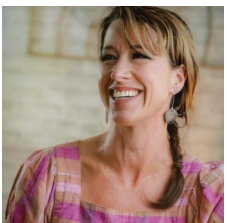
Alnoba Leadership Retreat Center

24 Cottage Road, Kensington, NH 03833

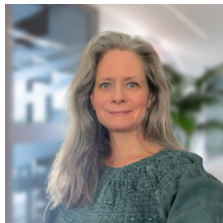
[CLICK HERE TO REGISTER](#)

Registration: \$375/person

Retreat Facilitation Team:



Dr. Bethany
Bilodeau
CEO, CORE
Methods,



Jana McCusker
Group Relations
Specialist,
SchoolCare
Health
Insurance
Resources



Dr. Anna
McLean
Psychiatrist,
Maine
Medical
Center



Dr. Mark
MacLean
NHSAA



Scott
Laliberte
NHLI



Philip Hauserman
Senior Vice
President, Crisis
Communications,
The Castle Group



Building Your Capacity to Lead

AGENDA

7:30 a.m.	Registration Opens - Light Breakfast	
8:00	Welcome and Overview	
8:30	Session 1*	Optimizing Physical and Physiological Functioning
10:15	Break	
10:30	Session 2*	Prioritizing Cognitive and Mental Recovery
11:45	Lunch	
12:45 p.m.	Session 3*	Building Appropriate Emotional and Social Supports
2:15	Break	
2:30	Concluding Session	Volition and Motivational Clarity

**Session Format: 10-15 minute conceptual overview followed by Individual or small group consultation with retreat team. Personal reflection and planning.*




ALNOBA

We selected Alnoba because of its unique destination with a 14,000 square foot sustainably-constructed meeting space and a vibrant 600-acre property of trails, cabins, meeting spaces, and a renowned art collection. The property supports going deep to find inspiration and transformation.

MARRIOTT SPRINGHILL SUITES

A limited amount of discounted overnight rooms are available on Tuesday, July 23 at the SpringHill Suites—Hampton/Portsmouth for \$224/night. [Click Here](#) to make your reservation.

GET IN TOUCH

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-  nhlearninginitiative.org

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