

# EQUILIBRIUM RETREAT - STARTER GUIDE

## STEP 1- ESTABLISH LOCATION AND DATES:

- Choose a location that provides a room for each man to have a space of his own. Proper rest and a place of solitude is beneficial to the success of each man's experience.
- A location for recreation or areas to sit outside are ideal for prayer and reflection.
- Having planned recreation time like ax throwing, hikes, cigars around the fire, etc. are up to you. Make them voluntary only.
- Having separate rooms for each man may not be available so we do recommend that you provide earplugs for the men to help with a peaceful night's rest. Solitude can be had either in other areas of the facility or outside.
- It is very crucial to have the dates for the Retreat established before asking the men to commit. This allows men to get it on their calendars and it creates a sense of anticipation for the experience.

## STEP 2- MEAL PLAN

- **Recommendation:** As a facilitator of the event, it's important that you remain engaged in the discussions and content. To maintain that focus, invite someone you know that can take care of all the food preparations. This man will not be part of the 6 main participants but can be in on the sessions. If he is part of the sessions, please ensure that an additional guide is available for him to follow along.
- Meal Suggestions (**\*You can choose to incorporate cost of food in the Retreat Fee, or even seek a donor willing to support these costs**)
  - **\*Be sure to communicate regarding any special food requirements or food allergy restrictions.**
  - **Breakfast Saturday and Sunday:** Scrambled Eggs, Bacon, Sausage, Toast, Cereal, Toaster Waffles, Oatmeal, Bagels and Cream Cheese, Yogurt & Granola, Juices, Coffee
  - **Lunch Friday and Saturday:** Variety of Cold Cuts, Condiments, Variety of Chips, Yogurt and Granola, Salad, Variety of Drinks
  - **Dinner Friday Evening:** Premade Lasagna or Other Casserole Type with, Salad, Bread or Pizza, or Hoagies. Variety of Drinks, Dessert
  - **Dinner Saturday Evening:** Steak or Chicken, Baked Potatoes, Vegetables, Salad, Bread, Desserts
  - **Weekend Snacks:** Pretzels, Snack Bars, Trail Mix, Waters and Other Drinks

## STEP 3- THE INVITE

- Use the Equilibrium Promo Resources [HERE](#) to inform, invite, and prepare the men for the Retreat.
- This is an invitation-only event. You, as the Equilibrium Leader, will invite 6 men that you know will benefit from the retreat.
- Give a 1-week deadline to respond with a yes or no.
- Once you have invited your first 6 men, if one cannot make it by your deadline, then open it up one at a time until you fill your roster.
- Once your roster is full you will need to send an email to each man with a list of what personal items to bring.

## STEP 4- PURCHASE EQUILIBRIUM PACKAGE

- Purchase [HERE](#)
- Once you receive the Equilibrium Package you will need to familiarize yourself with the Leader's Guide.
- Watch the video sessions to familiarize yourself with how the Retreat will flow.

## STEP 5- PRE-RETREAT WORK ASSIGNMENTS

- Send all pre-retreat work assignments to all Journeymen, one month before the Retreat.
- Send reminder emails to all Journeymen each week leading up to the Retreat. It is vital that the assignments are completed before the Retreat so that the men do not feel they are behind.

## STEP 6- REMINDER EMAIL- TRIP PREP

- Send a reminder email to all Journeymen of what they need to bring as well as the pre-work assignments.