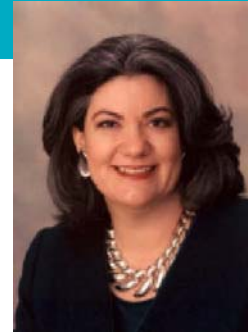


Women Achievers Soaring Higher

Comprehensive Professional Growth Program for High-Achieving Women

Led by *Oprah-* and *60 Minutes-*guest, bestselling author, nationally known professional development expert, and Certified Management Consultant, Rebecca Morgan.



This Program is for You if:

- ▶ You have already accomplished and achieved much in your life, but know there is more you can contribute. You know issues hold you back, although from the outside no one would think so. You want to expand your comfort levels so you can make a bigger difference in your work and life.
- ▶ You want to have a breakthrough experience, and know sitting in a classroom all day isn't going to do it. You want to move quickly, yet you also know you'll benefit from reflection and pampering yourself after your hard work.
- ▶ You like to learn about yourself, and explore how you can become even better. You like to challenge yourself and know you can learn not only when you're successful, but when you aren't. You try new things, even in the face of fear or the unknown.
- ▶ You like to be around other achieving women, without the need to compete with them. You seek and hear their feedback and insights, and decide what to accept to apply to yourself.
- ▶ You know you get what you put into an experience, and don't expect to be spoon fed. You actively engage in your learning, are involved and don't hang back. You participate, respectfully challenge, and contribute to the learning process for yourself and others.
- ▶ You embrace understanding others' experiences and perspectives, even if you don't agree. You work to not judge, but to understand.

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Program Overview:

In this unique, comprehensive program, you will participate in insight-generating material and activities, coupled with practical, proven techniques. Your program begins with an intensive, 4-day, 3-night experience utilizing activities and resources of the world-class resort Miraval, nestled in the mountains above Tucson.

Through a series of assessments, outdoor experiences / activities, individual and group exercises, discussions, and mini-lectures, you will assimilate key learning points. Each session includes applications, so you can take the learning and apply it to real situations. Each session builds on the previous learnings and prepares you to use the information.

The sessions are highly interactive, fun, and respect and utilize your intelligence and experience. We utilize interactive techniques to motivate adult learners to listen, participate, and try new behaviors. We limit the program to up to 12 high-achieving women so you can get the attention and support you need to move forward quickly.

After the 4-day experience ends, you will keep motivated, connected, focused and learning through monthly group conference call teleforums. Each teleforum will allow for interaction with other participants and with Rebecca (or one of her senior consultants).

We know of no other program like this—designed for high achieving women, melding personal and professional development, in a small group setting (up to 12 women), delivered in a world-class spa setting, with monthly follow up, led by one of America's professional development thought leaders and high achiever herself. We incorporate intellectually, physically, emotionally stretching activities, as well as fun, pampering, camaraderie, mentoring, and yummy, healthy food.

Key Benefits: By Participating in This Program, You Will:

- Reeducate** Through our assessments, exercises, processes, discussions, and outdoor activities, you will see aspects of yourself in new ways. You'll analyze how you behaved and how you integrated new desired behaviors.
- Refine** By refining and enhancing your achievement skills you will create even greater success. Use the program's exercises to strengthen your skills.
- Reexamine** Look at what you thought was possible for you, and what gets in your way. Experience activities designed to confront your own stopping points—and step through them if you choose. You'll learn what may be holding you back, and begin to eliminate it.
- Rehearse** Experience a unique lab to rehearse and practice the desired new behaviors in a safe environment where you get immediate, honest feedback to take on your next challenges. Studies show that women behave differently when men are present. Our environment allows you to grow unimpeded, so you can take new risks when you return home.
- Receive** Generate your own insights and receive input from others on how your strengths contribute to your success and how your weaknesses hold you back. You'll practice with the support of other high-achieving women. You'll receive individual guidance from Rebecca Morgan and other top-level consultants and coaches.
- Rekindle** Look at what you are wanting to achieve and rekindle your passion and focus for it.
- Reinforce** Engage in ongoing support to continue the learnings, integrate new behaviors, and develop more. Through monthly group conference call teleforums, you keep getting the support you need to make the changes you want long-term. You'll receive follow up support to help you integrate your new behaviors back at work.
- Reflect** Time is built into each day's schedule to allow for reflection and writing on your learnings and insights. By taking time to reflect, your mind can gently review the wisdom from your experiences. Then integrate these insights into new behaviors. You'll have time to relax and let your learning soak in.
- Refresh** The nurturing environment of a world-class spa hastens learning. You'll be inspired by the physical beauty of the program location.
- Relax** Balance intense learning and reward yourself for your hard work by indulging in the pampering spa services. Each day, enjoy a massage, spa treatment and/or relax in a world-class resort setting.
- Renew** If you have allowed your care for yourself to wane, renew your commitment to your well-being, so you can keep making big contributions to your world. You'll leave rejuvenated and excited about taking on your next challenges.
- Rejoice** You have been given many gifts. Rejoice in them, and commit to using them to make a big difference in your world.
- Reinvest** By continuing to invest in your biggest asset—you—more breakthroughs can continue. By taking advantage of optional extensive one-on-one telecoaching/mentoring ensures permanent integration of new skills.

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Dates & Place:

- ▼ Monday, Nov. 1 through Thursday, Nov. 4, 2004
- ▼ Miraval Resort, in the hills above Tucson, AZ. Miraval, Life in Balance™ Resort & Spa was rated top spa in *Zagat Survey 2001, 2002 and 2003 Top U.S. Hotels, Resorts & Spas*, and voted by the readers of *Conde Nast* the #1 spa in 1999. Details are at www.MiravalResort.com.

Do you have a group you want to go through this program as a private experience? Do you have a group that wants a different format, different days of the week, longer or shorter, different activities or focus (e.g., team building, leadership)? We can do that! Just call Rebecca at 408/998-7977 to discuss your needs.

Tuition:

The tuition is all-inclusive and covers:

- ▼ Intensive retreat program from Monday evening to Friday afternoon.
- ▼ 6 months of monthly group teleconferencs for reinforcement and follow up with Rebecca Morgan or one of her senior consultants.
- ▼ All course materials and special activities that are part of the curriculum.
- ▼ 3 nights/4 days luxurious, casita-style accommodations. (Room upgrades are available for an additional fee.)
- ▼ All taxes, service charges and gratuities.
- ▼ Three gourmet meals daily and all non-alcoholic beverages.
- ▼ 3 spa services, or one-on-one consultations up to \$95 per person per night of stay.
- ▼ Access to all Miraval scheduled activities, use of tennis courts, pools and fitness center.
- ▼ Airport transportation from /to Tucson airport.

\$2995 per person, single occupancy. \$790 non-refundable deposit is required. Balance is due by Sept. 30.

- ▶ Additional spa treatments, room upgrades, and ancillaries are available at additional cost.
- ▶ We encourage you to come in a day early to fully enjoy the abundance of activities and services offered at Miraval. The group rate will apply for 2 extra room nights beforehand.
- ▶ For an additional fee, Rebecca's professional coaches can conduct regular one-on-one coaching/mentoring calls with you to help you integrate new skills and overcome challenges. These can be either half-hour or hour long, and can be weekly, bi-weekly, or monthly. Typically they are in 6-month commitments, and can be renewed. Contact us to discuss your needs.

Registration:

- ▼ To register, call 800/247-9662
- ▼ Questions? Call Rebecca at 408/998-7977.

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Agenda

(We encourage you to fully participate in all the program's scheduled activities. If you choose not to participate fully in an activity, we will not pressure you, but we expect you will attend the activity and participate as much as you can, even if it is just supporting others.)

This schedule may change, based upon the weather and availability of certain activities. The final schedule won't be determined until we are on site at Miraval.

See note at end about times to schedule your spa appointments or consultations.

Monday

Arrival. Get settled in.

12:00 - 1:45 Lunch and welcome. Join other attendees for lunch in the dining room. Ask for Rebecca Morgan's table.

Introductions, overview, ground rules, expectations.

Work with today's partner on today's goals

2:00 - 3:50 Exploring Self-Imposed Boundaries: What's Holding You Back?

From the outside, it looks like nothing can stand in your way. Yet you know there are issues that are causing you to not move forward as quickly as you'd like. Even strong, achieving people keep themselves stuck at certain levels. What messages do you tell yourself about what you can and cannot do? What would you accomplish if you knew you would succeed? How can you stretch without paralyzing yourself? We'll look at examples from people who seemingly shouldn't have accomplished what they did, yet they soared.

4:00 - 6:00 Personal reflection, spa treatment, relax, write your insights about your learnings

6:00 - 8:00 Dinner with our group

Tuesday

8:00 - 9:30 Mindful Eating (breakfast with nutritionist)

Part of being a high-achiever is taking care of yourself so you can continue to make a big contribution to your work, community, and loved ones. Learn how to be more conscious of what you take into your body, and how you may choose to shift your food choices once you are totally present to your eating. Debrief Mindful Eating with today's partner and our group.

9:30 - 9:45 Work with today's partner on today's goals

9:45 - 11:50 MasterMind Exchange

What is your most pressing issue right now? What do you think is getting in the way of your taking on your next big accomplishment? On what would you like some input or a different perspective? In small groups, you'll get an opportunity to have some focused time to explore new solutions to your most pressing concerns. You'll tap the brilliance of the other participants.

12:00 - 12:50 *Mindful lunch with our group*

1:00 - 3:00 *Personal reflection, spa treatment, relax, write your insights about your learnings*

3:00 - 5:45 *Quantum Leap: How High-Achievers Take a Stand*

Achievers take a stand for what they think is right, even when it is uncomfortable. Test your capacity to take a stand, even in the face of fear. (All fitness levels can participate. If you can climb a ladder, you can experience this activity.) Debrief Quantum Leap with today's partner and group.

6:00 - 7:30 *Mindful dinner with our group*

Wednesday

8:30 - 8:45 *Morning stretch (optional)*

Mindful breakfast with today's partner to go over today's goals

9:00 - 12:00 *Equine Experience: Achieving More Through Your Clear Intention*

Working with specially selected horses, you'll apply "horse whisperer" skills of energy, intention and focus to get the horse to do what you want. You'll experience instructing the horse to walk, trot, canter and stop—without touching or speaking to the horse! You'll see how the same skills are key to moving people in the direction you want. You won't be mounting or riding the horses, but will walk away with insights you can apply back home. (All fitness levels can participate.)

12:00 - 12:45 *Debrief Equine Experience with partner and group over mindful lunch with our group*

1:00 - 1:50 *Exploring Achievement Through Water Activities (Aqua Fun)*

Using leadership- and team-oriented games in the pool, you will get to understand your natural tendencies better and stretch your leadership behaviors to create desired outcomes. This fun and refreshing activity spawns great learnings. (The activities are suitable for all fitness levels and are not physically challenging.)

2:00 - 2:50 *MasterMind Exchange continued*

3:00 - 6:00 *Personal reflection, spa treatment, relax, write your insights about your learnings*

6:00 - 7:30 *Mindful dinner with our group*

Thursday

8:30 - 8:45 *Morning Stretch or Morning Meditation (optional)*

Mindful breakfast on your own or with today's partner

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9:00 - 9:15 *Meet with today's partner to go over today's goals*

9:15 - 10:30 *Creating Life-Balance So You Have Energy to Make Big Contributions*

When you sacrifice your well-being to produce excellent results, you get sick, burn out, or lash out at others. Balance is the way to create sustainable high results, as you take care of yourself and your business life. The *Coping and Stress Profile* assesses your ability to apply four areas of coping strategies in your work and personal lives. You'll not only assess how you are able to use these skills in your work and personal lives, but you'll understand ways to use those skills even more effectively. You'll learn how to enhance your skill level in each area as you take on each of the challenges this week.

10:45 - 12:00 *Moving Forward: Integrating Your New Insights into Actions*

What have you learned about yourself that you will apply to your work? How will you behave or show up differently to others? What do you want to do differently when you go back to work? You will solidify your action plan to apply new learnings back in the workplace. You will identify your support options, and create a plan for inviting others to support you. Work with our group to understand ways to integrate your learnings into new actions when you return home.

12:00 - 12:15 *Break to check out of your room*

(The bell staff will schedule a pickup time for your luggage. You don't have to be in your room for this, just have your bags packed. Suggestion: Put your travel clothes on top or in your Miraval bag so you can retrieve them from the bell staff in the lobby, then change in the bathroom near the lobby.)

12:15 - 1:45 *Focusing on Next Steps over mindful lunch with our group*

2:00 - 3:45 *Awakening Feminine Wisdom (session with Miraval staff and other guests)*

4:00 - 4:30 *Final debrief, action items, goodbyes*

Please arrange all departing flights after 7:00 p.m. If you leave Miraval by 5:00 you should make a 7:00 flight. Inform the front desk of your planned departure time so they can arrange a van to take you. Thursday dinner is not included in this package.

Scheduling your spa appointments or consultations

A few weeks before you arrive, you'll want to make your spa appointments. You can see the treatment options at <http://www.miravalresort.com/spa.php>. Make your appointments online or call 800/232-3969.

Please make all spa appointments only at

Monday: before noon, at 4:00, 5:00 or 8:00

Tuesday: 1:00, 2:00 or 8:00

Wednesday: 3:00, 4:00, 5:00 or 8:00

Thursday: If you have a late flight, you can schedule your treatment after 5:00. Just allow 2 hours between when the shuttle leaves and your flight departure time. Know that dinner at Miraval Thurs. night is not included in the rate you're paying.

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Your Facilitator, Rebecca Morgan, CSP, CMC

Rebecca Morgan, CSP, CMC, is a high-achiever. She is one of America's most respected and sought-after professional development experts, authors and speakers. This is why she knows what works with other achievers -- what they need and how they think. Following are a few of her accomplishments.



Bestselling Book & Tape Author

Rebecca's learning tools exemplify the excellence she creates in all her work. She is the author of six popular books:

- ▶ *TurboTime: Maximizing Your Results Through Technology*
- ▶ *Life's Lessons: Insights and Information for a Richer Life*
- ▶ *Professional Selling: Practical Secrets for Successful Sales*
- ▶ *Calming Upset Customers*
- ▶ *Inspiring Others to Win* (a fund raiser for the US Olympic Committee)
- ▶ *Best Practices in Customer Service*

Two of her bestsellers have been translated into nine languages. She also makes available many books, audio tapes, CD-ROMs, videos and other success tools.

Popular Media Resource

Rebecca is known internationally as a expert in professional development. In addition to being featured on Oprah, 60 Minutes, National Public Radio, and USA Today, she's appeared on or in dozens of international, national, regional or industry media.

Warm, Engaging, Stimulating Style

Clients describe Rebecca as professional, highly-competent, innovative, and a joy to work with.

Both her audiences and clients describe her as warm and personable. A frequently-heard comment from her audiences is "She was real." She describes situations her participants can relate to and solutions they know they can implement. She's down-to-earth with class.

"I appreciate the warmth, wisdom and good humor that Rebecca brought [to this management development academy], session after session. She molded an agenda and atmosphere that stimulated, challenged and educated me. I appreciate that." —Manager, Adobe Systems

"The one thing I am most proud to say about how I've grown since the beginning of this program, is that I have gained confidence. I believe in myself and my abilities." —Quality Assurance Manager, eBay

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An Award-Winning Leader

Many people talk to leaders, high-achievers, and high-potentials, but haven't actually lead anything. A leader is defined by if followers are drawn to them. Rebecca is exceptional in that she is the recipient of multiple awards for her leadership. She has been placed in high leadership positions by the toughest audience—her peers.

- ▼ President's Distinguished Service Award, National Speakers Association, 2003 and 1999. She is only the second recipient to be honored with this award twice in the association's 30-year history. This award goes to members who have shown outstanding leadership and personal dedication to the furthering of the association's issues.
- ▼ Board of Directors, National Speakers Association—Having been a member of NSA since 1983, Rebecca has served on the Board of Directors since 2001. In 2003 she was elected as one of two Members at Large to the Executive Board of Directors, charged with making critical decisions for the future of the association.
- ▼ Nominee, Bay Area Women of Achievement, 2001 and 2002
- ▼ Recipient, P. Fripp Outstanding Leadership Award, National Speakers Association of N. Calif., 1998. This rarely-given honor is the highest award conferred by the chapter.
- ▼ Founder and Executive Director, Books For Treats—This program encourages you to give gently-read children's books at Halloween instead of candy. "Give kids brain candy. Feed their minds, not their cavities."
- ▼ Co-Publisher, SpeakerNet News—Since 1996, Rebecca and business partner Ken Braly have published the weekly ezine SpeakerNet News, which is filled with best practices from successful speakers, trainers and consultants around the world. Every two weeks, they produce a teleseminar (a seminar over the telephone) on topics of vital interest to the speaking profession.
- ▼ Campaign Training Director, United Way of Silicon Valley—For three years, Rebecca designed and delivered key development training to the other campaign cabinet members, the loaned executives, and the agency executives.
- ▼ Vice President, American Society for Training and Development, Silicon Valley Chapter—For two years, Rebecca served as Vice President, and continues her ongoing involvement as a leader of special projects.
- ▼ President, Association of Executive Saleswomen—When Rebecca served as the president of AES, she initiated and organized a fund-raiser, netting the association over \$5000. This was 10 times the amount any previous fund-raiser had earned.
- ▼ President, Santa Cruz County Businesswomen's Network—In the two years Rebecca served as president, she increased membership from 25 members to over 400. Additionally, she initiated an annual fund-raiser attracting over 400 community members to attend a function benefiting the local battered women's shelter.

One of an Elite Few Professionals

Certified Speaking Professional

Rebecca is committed to continuous learning and growing, especially since that is what she imparts to others. She has demonstrated this striving by receiving the Certified Speaking Professional (CSP) designation conferred by the National Speakers Association (NSA). At the time (1993), the ten-year-old designation had been earned by only 215 people in the world—less than seven percent of the 3700 members of NSA. The CSP is a designation of achievement earned through proven speaking experience. It is awarded to individuals who have completed a comprehensive application process and met criteria set by NSA.

Certified Management Consultant

Rebecca has earned the professional designation Certified Management Consultant (CMC) from the Institute of Management Consultants (IMC). She is the fifteenth professional in the world to earn both the CSP and the CMC designations. Candidates for the CMC undergo a thorough investigation of their consulting experience. They are interviewed by a panel of senior consultants to verify their competence. Additionally candidates must pass a written examination demonstrating their knowledge of the IMC's Code of Ethics.

Featured in Various Learning Media

- ▼ Her program "Creating Sales Success" was included in Nightingale-Conant's highly acclaimed monthly audio sales magazine, Sound Selling.
- ▼ The ManagersEdge monthly audio magazine featured her numerous times.
- ▼ She has also appeared as an expert in educational videos, including "Calming Upset Customers," "Personal Time Management," and "Empowered and Assertive Communication."