

WILD SOL RETREATS PRESENTS

Beautiful BADASS

MASTERMIND RETREAT



OCTOBER
3-7, 2024

5-Day INSPIRING, TRANSFORMATIVE EXPERIENCE **for**
ESTABLISHED & ASPIRING ENTREPRENEURS

Hosted by **Jamie Conglose & Jessica Mingledorff**

What is a beautiful badass?

A **beautiful badass** exudes confidence, strength, resilience, and a positive attitude. Both beautiful both inside and out, she possesses the strength to overcome challenges and achieve her goals. She has a winning mindset, is unapologetically herself, and faces challenges with courage and grace.

This **Beautiful Badass Mastermind Retreat** is designed to help individuals embody this kind of attitude and approach to life and get a jump on personal and business planning for 2025.

IF YOU WANT TO LEARN NEW WAYS TO:

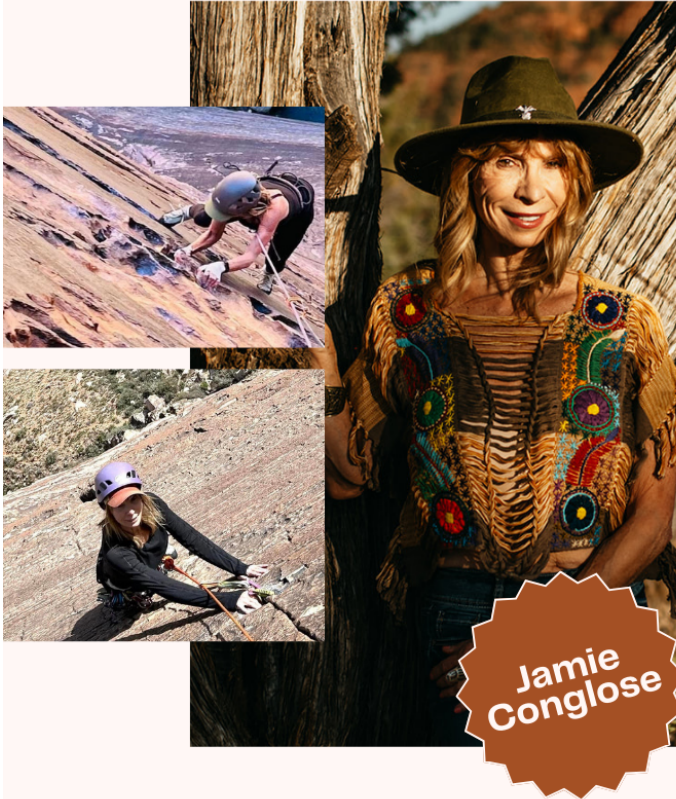
- ✓ Step out of your comfort zone to try things differently.
- ✓ Bravely take action.
- ✓ Meet failures and hard times with tenacity, resilience, and grace.
- ✓ Access your creative fire to innovate, revitalize, and distinguish yourself from the pack.
- ✓ Continually re-imagine and refuse to settle in your personal and professional life.

THIS Mastermind IS FOR YOU!

What you'll get...

- New **skills** and **experiences** to access your passion and creative fire.
- **Answers, solutions,** and **new perspectives** on professional or personal challenges.
- **Inspiration** and new ideas by listening to others' life stories, business models, and strategies.
- A **quality network** of like-minded friends who you can call on if you want to brainstorm or need advice.
- **Exposure** to a **high-value Beautiful Badass Mastermind** network, unlocking potential, new opportunities, clients, partners, collaborators, mentors, and inspiring entrepreneurial women.
- **Most importantly...** a jump start on your kick-ass 2025 growth plan for yourself and your business.

Your Beautiful Badass Consultants



Jamie is an internationally recognized organizational leadership consultant to Fortune 500 companies. As founder of Wisdom Councils consultancy, she advises presidents, CEOs, and their teams to design and implement large-scale strategic transformation initiatives and has worked with thousands of senior executives on four continents. Jamie was an early pioneer of the wilderness outdoor leadership programs for professional women. Jamie created Soul Craft for Wise Women Leaders as a valuable contribution to the field of leadership and integrates her background in psychology, eco-therapy, Indigenous earth-based wisdom traditions, and outdoor adventure education. Since then, hundreds of women have experienced and shared tools and practices mastered in her retreats and programs. Today, she advises both midlife and mid-career women as they thrive through the chaos of change and transformation of their personal and professional lives through her experiential retreats, virtual programs, and one-on-one coaching. She divides her time between Sedona, Arizona, and San Miguel de Allende, Mexico, and is an avid rock climber, weight trainer and salsa dancer.

Jessica gracefully balances the roles of mother, wife, friend, mentor, and business owner. In five short years, she moved from being an employee hairstylist at a salon, to owning and operating a multi-million-dollar salon with a team of 30 talented employees. At 41 years young, she is blessed to be raising three strong and wonderful daughters, ages 3 to 17, and guiding them as they learn and grow. She is deeply committed to providing a healthy, happy work-life balance for herself and her family, and strives to create a fulfilling life that is both prosperous and enjoyable. Jessica has a passion for clean eating, functional medicine, and weightlifting, always striving to evolve into the best version of herself. Her adventurous spirit has led her on multi-day treks, kayaking, and biking expeditions across the globe, from the breathtaking landscapes of Peru to the stunning beauty of Iceland. Throughout her journey, Jessica has learned the power of self-belief and the importance of getting out of one's way. She is committed to showing other women that with determination and self-awareness, anything is possible. Join Jessica at this retreat to explore, grow, and empower yourselves to reach new heights.



Critter Canyon



The Critter Canyon Retreat Center sits on 30 acres of stunning desert landscape. Nestled amongst the Moenkopi and Cutler sandstone cliffs, you are surrounded by 360 degree vistas of towering desert sandstone. This venue has been meticulously handcrafted into one of Moab's top retreat locations and is ideal locations for groups large and small, to immerse themselves in nature while being close to many of Moab's scenic destinations.



"The land is magical; the women attracted to this experience are awesome and willing to explore the unknown in themselves and the group. Jamie's connection to the earth and incredible writings allow her gentle power to make her an extraordinary teacher and guide and make this an incredible experience."

-Andrea T. Elisen

GLAMPING IN Moonb



At Wild SOL Retreats, we prioritize providing a comfortable outdoor experience for our guests. Our accommodations feature top-of-the-line 4-season canvas tents designed with 360-degree ventilation to regulate temperature, ensuring coolness during warm days and warmth on chilly nights. Each tent is furnished with XL cots, 2-inch foam sleeping pads, and generously sized, cozy sleeping bags to guarantee a restful night's sleep amidst nature.

Our tents measure 10 feet by 10 feet with a ceiling height of 6 feet 6 inches, offering a spacious and homely environment akin to an outdoor bedroom. Designed to comfortably accommodate two individuals, our tents also provide ample space for personal belongings. Additionally, we supply tapestries to serve as room dividers, ideal for enhancing privacy when sharing a tent with other guests or simply seeking a secluded space.

What's Included

2 Extra Large Cots

2x2" Sleeping Pads

2 Sleeping Bags

10'x10' Kodiak Canvas Tent

2 Pillows

2 Blankets

2 Bedside Tables

Recycled Rug

2 Sleeping Bag Liners

Tent Lighting

Set up & Breakdown

*single occupancy tents available upon request





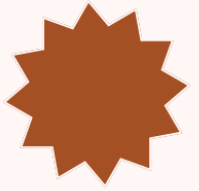
BREAKFAST X4 | LUNCH X4 | DINNER X4

Wild SOL Retreats works with local farms to source the freshest organic produce in season FIRST and plan all meals around this.



non-vegetarian meals can be provided per your request for an additional fee

MOVE YOUR *Body*



GUIDED ROCK CLIMBING | 5 HOURS

Confronting ones own inner nature with nature, climbing offers both a physical and mental challenge while building teamwork, stamina, and mindful movement. Moab, Utah, home to some of the best developed sandstone cliffs worldwide. Our climbing trips are well-suited for all levels, offering a safe and enjoyable experience, and include all necessary rock climbing-specific gear for your convenience.

GUIDED CANYONEERING | 5.5 HOURS

Canyoneering in Utah presents an exhilarating day of hiking, scrambling, and rappelling through ancient canyons shaped by time. Whether this is your first time rappelling or you're experienced on the ropes, this expedition offers a thrilling opportunity to explore lesser-known paths in Moab and take you through the canyons hidden splendors. The 3 mile adventure starts in the sand flats recreational area and meanders down into Grandstaff canyon via two of the area's best rappels, and alongside the world's 7th longest arch; morning glory arch. A year round continuously flowing stream at the bottom of the rappels offers a lush desert oasis and hike out of the canyon.

STAND UP PADDLE BOARDING | 4.5 HOURS (2 HOURS ON WATER)

Water embodies the essence of life's continuous flow, an integral part of any Moab retreat experience. Engaging in stand-up paddleboarding excursions not only enhances your balancing abilities but also offers a serene opportunity to unwind while drifting downstream. In this setting, the water carries you onward, providing an opportunity to harmonize with nature's energy. Flat water river trips are great for beginners and experienced paddle boarders alike, allowing the user to determine the course of their own journey.

GUIDED YOGA | 90 MINUTES

Step into the outdoor world of yoga where nature guides us into the wild depths of our practice. Every session of morning yoga will begin with a guided meditation, followed by a yoga asana class. Weather permitted, all yoga classes will take place outdoors so be sure to bring comfortable clothes for all conditions.



DAY 1

4pm | Guest check-in on-site
5pm | Welcome council & orientation
7:30pm | Welcome dinner
8:30pm | Campfire

DAY 3

7am | Walking meditation
7:45am | Yoga
9am | Breakfast
10am | Group Council
12:30pm | Canyoneering
7pm | Dinner
8pm | Group Council
10pm | Campfire

DAY 5

7:30am | Walking meditation
8:30am | Breakfast
9:30am | Closing council
12pm | Guest check-out (lunch to-go)

DAY 2

7am | Walking meditation
7:45am | Yoga
9am | Breakfast
10am | Group council
12:30pm | Climbing
6:30pm | Dinner
7:30pm | Group council
9:30pm | Campfire

DAY 4

7am | Walking meditation
7:45am | Yoga
9am | Breakfast
10am | Group council
12:30pm | SUP
6pm | Dinner
7pm | Group council
9pm | Campfire



Beautiful **BADASS** MASTERMIND RETREAT

All-Inclusive Price
\$3,899

WHAT

A 5-day inspiring, transformative experience.

WHERE

Moab, Utah

WHO

For the established & aspiring entrepreneurs.

WHEN

October 3-7, 2024

HOSTS

Jamie Conglose & Jessica Mingledorff



What you'll get...

- New **skills** and **experiences** to access your passion and creative fire.
- **Answers, solutions,** and **new perspectives** on professional or personal challenges.
- **Inspiration** and new ideas by listening to others' life stories, business models, and strategies.
- A **quality network** of like-minded friends who you can call on if you want to brainstorm or need advice.
- **Exposure** to a **high-value Beautiful Badass** network, unlocking potential, new opportunities, clients, partners, collaborators, mentors, and inspiring entrepreneurial women.
- **Most importantly...a jump start on your kick-ass 2025 growth plan for yourself and your business.**
- **Lodging & meals**
- **Outdoor adventure activities,** earth-based model for personal growth, structured mastermind sessions for your 2025 plan
- **Welcome bag** with your personal Beautiful Badass field guide and tools

Extras

- **1** individual coaching session
- **2** pre-retreat facilitated group zoom sessions
- **1** pre-retreat individual personal/professional development planning zoom session
- **2** post-retreat facilitated group zoom sessions
- **2 personal** post-retreat 2025 business planning zoom sessions

Book & Save!

Book with a **friend** and
SAVE \$200 EACH!