

'A Day at the Ranch'



The ranch is a 38 acre property facing west to the Rocky Mountains and is located 15 minutes southwest of Calgary.

A day at the ranch provides an opportunity to retreat for a day to a pristine setting where you can explore, with a professional Coach, individual or group growth, team building, leadership or whatever your goal for the day might be, using the environment as a trigger for creative thought.

Here are three examples of 'A Day at the Ranch'. We also provide customized programs either on an individual or group basis.

1. A Day at the Ranch for Business Owners/Leaders

Timeframe: 1 day – 9 am-4 pm

Lunch, Snack & Beverages Included

The 'Work':

Preparation

- Myers Briggs Type Indicator (online)
- Clean Sweep Program
- 'Getting Started'
- 'How to Get the Most Out of Your Coaching'

Morning 9 am – 12 noon

- Get a clearer understanding of what it is that motivates you and what you are passionate about
- Understand what may be holding you back
- Get clarity on your areas of strength and areas for development
- Visioning

Lunch &, weather permitting, walk about

Afternoon 1 pm – 4 pm

- Get clear on what your business or career is about for you
- Be aware of the areas of your business or career that require focus and attention
- Discover the resources you need to have a solid foundation from which to operate and branch out
- Outline a plan to achieve desired outcomes

2. A Day at the Ranch for Individuals or Groups

Timeframe: 1 day – 9-4 pm

Lunch, Snack & Beverages included

The 'Work':

Preparation

- Myers Briggs Type Indicator (online)
- Clean Sweep Program
- 'Getting Started'
- 'How to Get the Most Out of Your Coaching'

Morning 9 am – 12 noon

- Get a clearer understanding of what it is that motivates you and what you are passionate about
- Understand what may be holding you back
- Get clarity on your areas of strength and areas for development

Lunch &, weather permitting, walk about

Afternoon 1 pm – 4 pm

- Vision Project – board, drawing, or journaling
- Outline a game plan to get on the path to your Vision
- Discover and minimize potential barriers

3. A Day at the Ranch for Businesses & Corporations

Timeframe: 1 day – 9-4 pm

Lunch, Snack & Beverages included

The 'Work':

- Customized for the group - examples of areas of exploration are:
 - Team Building
 - Leadership Skills
 - Envisioning
 - Strategic Planning

Call Jamie Anderson at (403) 209-5936, for further information.

