

Leadership Wellness Reset™

Overview Guide

The Leadership Wellness Reset™ is a research-backed professional development retreat designed to restore energy, realign purpose, and strengthen school culture. This experience blends wellness, identity alignment, and culture-building strategies to improve leadership clarity, reduce burnout, and elevate team performance.

What This Experience Includes

- Breathwork & grounding practices
- Movement-based wellness reset
- Leadership identity alignment
- Culture walkthrough & energy scan
- Job crafting & leadership role clarity
- Team connection & culture-building activities
- Action-based planning for immediate impact

Retreat Options

School-Based Leadership Wellness Reset™

A restorative on-site retreat using your school building as an intentional wellness and leadership space. Perfect for principal teams, APs, coaches, and culture teams.

Starting at \$4,500

Premium Off-Site Leadership Wellness Reset™

A luxury-level retreat enhanced with wellness vendors such as massage therapy, yoga, facials, grooming, and sound bath. Designed for deep restoration and elevated leadership clarity.

Starting at \$7,500

What Leaders Walk Away With

- Renewed energy and emotional clarity
- Stronger leadership identity
- Stress-reduction tools and wellness practices
- Clear culture priorities and school climate strategies
- Improved team alignment and communication
- A 30-day Culture Reset Blueprint
- Action-ready tools to support staff morale

Book the Leadership Wellness Reset™

To bring this transformational retreat to your school or district:

Email: info@candueducation.org

Website: candueducation.org