



*A Fall Retreat for women who want to clarify their True North,
connect authentically with others and lead inspirationally in uncharted times.*

Wednesday, November 3rd

- ☞ Arrive at [Orchard Inn & Spa](#), Saluda, NC. Take a very deep breath. Or two. Settle into our peaceful mountaintop hideaway. Consider coming a bit early to unwind, shift into lower gear and start soaking up the Blue Ridge serenity. Perhaps lunch at [Wildflour Bakery](#).
- ☞ 12:30 pm Welcome & quick antigen test on front porch
- ☞ 1:00 pm Opening Session overlooking the mountains
- ☞ 5:00 pm Break and Dinner: Join others for a bite at a nearby eatery or get some carry-out
- ☞ 8:00 pm Fireside Circle

Thursday, November 4th

- ☞ 8:00 am *Breakfast with a Sunrise View*
- ☞ 9:00 am Morning Session overlooking the mountains
- ☞ Streamside Picnic Lunch and *Autumn Leaves & Waterfall Experience* - gentle walk and forest bathing mindfulness experience in a mossy glade
- ☞ 7:00 pm Gourmet Farm-to-Table Dinner at the Inn's [Newman's Restaurant](#) – optional (here's a [review](#))

Friday, November 5th

- ☞ 8:00 am *Breakfast with a Sunrise View*
- ☞ 9:00 am Morning Session overlooking the mountains
- ☞ 12:30 pm Closing Circle Adjourns
- ☞ Optional Afternoon Treats: For more Nature Rx, hike with Cynthia to another gorgeous waterfall or bliss out with a Post-Retreat Spa Service (10% discount) before heading home.

Later: Two Zoom Circle Gatherings will offer support and encourage commitment to your goals. Life happens. We'll help you stick with your intentions.

CYNTHIA RADFORD



Soulful Success for Women

Following corporate roles in Management Education and Organization Development, Cynthia launched GreenLeaf, her boutique consultancy, where she's helped diverse teams and leaders from more than forty countries align, thrive and accomplish important work. Netflix, BMW, Blue Cross Blue Shield, Fossil, MetLife China, Red Bull, Düsseldorf University, NASA, Microsoft Latin America, Coca Cola, Aegon Asia, American Express, NBC Universal and Hilton are a few of the organizations Cynthia's been honored to serve the past twenty-plus years.



She's been described as passionate, knowledgeable and a "breath of fresh air" while working across the United States and in Argentina, Canada, Brazil, China, Hong Kong, Singapore, England, Ireland, Germany, Thailand, Switzerland, France, Colombia, Malaysia, and Australia.

Cynthia celebrates the possibilities of growth and specializes in creating nourishing learning environments (virtually or in-person) where leaders discover fresh perspectives to revitalize themselves and enable their diverse teams and organizations to flourish.

She holds an MS in Instructional Design from Purdue University and taught on the adjunct faculty at Furman University where her subjects included Global Leadership, Leading Change, Creativity, and Building Effective Teams. Cynthia holds a number of professional certifications including Amazing Career™ Certified Coach for Women. She's a longtime Certifying Master Facilitator of the HBDI® (Herrmann Brain Dominance Instrument®) – a cognitive diversity tool used by 97% of Fortune 100 companies to improve productivity, innovation, and inclusion.

Cynthia's especially passionate about helping women thrive while making a sustainable, positive difference in the world and serves on the Board of Directors of *Together Women Rise*, dedicated to collective action for global gender equality.

She's a lifelong nature lover and explorer who finds peace and centeredness in the beauty of the natural world, enjoying hiking, gardening and photography. Adventures have taken her to a host of off-the-beaten-path places including trekking in the Himalaya and Andes and a successful Kilimanjaro summit bid to celebrate her 50th.

As a certified Nature Retreat Leader, Cynthia loves helping accomplished women step out of life's particle accelerator and reconnect with their authentic path and purpose in the tranquility of nature. Being with women on the same wavelength is healing for many - especially when the alchemy of that connection happens in beautiful natural settings where nervous systems can relax and reset. She facilitates higher level conversations, community and reflection to replenish women so they can keep making our world a better place and achieve soulful success.

Please visit www.greenleafconsulting.com to learn more about Cynthia and her work.