

# HELP DOCTORAL STUDENTS RETREAT

We use the **HELP Approach Partnership**© to get doctoral, graduate, and professional students from indecision to completion!



**The HELP Approach Partnership**© The **HELP Approach Partnership**© provides a holistic approach to education to help you meet your goals. Therefore, whether you're just thinking about pursuing a doctoral degree or are ABD, but struggling to complete your dissertation, the professionals at the **HELP Doctoral Students Retreats** are your partners to get you from "indecision to completion."

**Continuing Education:** We also offer customized boutique continuing education and lifelong learning retreats such as: Continuing professional education; corporate training and human resource development. faculty mentoring and writing retreats. We provide the location, motivation, and holism to HELP you **#retreattocomplete! #smartLearning**

## Contact Us:

Website: [helpdoctoralstudentsretreat.com](http://helpdoctoralstudentsretreat.com)

Email: [HELP@Helpdoctoralstudentsretreat.com](mailto:HELP@Helpdoctoralstudentsretreat.com)

Phone# **678-480-1059**



## Fall 2019 Doctoral Students Retreats:

**\*Our 5-year doctoral package(s) which parallel each stage of your program, provides consulting from pre-matriculation to graduation!**

September: **Beginners Navigating Graduate School & The Doctoral Process**

- **Friday-Sunday September 27-29**

October: **Advanced Writing for completion**

- **Friday-Sunday October 11-13**

**Advancing through the Doctoral Process: Preparing for the Comprehensive Exam**

- **Friday-Sunday October 18-20**

November: **ABD Writing for completion**

- **Friday-Sunday November 8-10**

**Continuing Professional Education (CPEs) for "Young" Certified Public Accountants (CPAs)**

- **Friday-Sunday November 15-17**

**Book via our website, using the "your choice package." Let's get social:**



@helpdrs



@helpdrs02



[www.facebook.com/HELPDRS](http://www.facebook.com/HELPDRS)

## The Draft Curriculum <sup>1</sup>

### Friday PM

<b>Arrival at pick-up point transport to retreat location<sup>2</sup></b>	<b>2:00 PM</b>
<b>Check in at retreat location</b>	<b>3:00 PM</b>
<b>Welcome &amp; Getting acquainted</b>	<b>3:30 PM</b>
<b>Health Activity: Nutrition &amp; the Brain during stressful times</b>	<b>4:00 PM</b>
<b>Educational Activity</b>	<b>5:00 PM</b>
<b>Educational Activity</b>	<b>6:30 PM</b>
<b>Dinner w/entertainment<sup>3</sup></b>	<b>7:30 PM</b>
<b>Me Time/Relaxation/Bed</b>	<b>8:45 PM</b>

### Saturday

<b>Breakfast</b>	<b>8:00 AM</b>
<b>Educational Activity</b>	<b>9:00 AM</b>
<b>Educational Activity</b>	<b>10:30 AM</b>
<b>Lunch</b>	<b>12:30 PM</b>
<b>Me Time/Relaxation (a great time to do a massage or Reiki therapy)</b>	<b>1:30 PM</b>
<b>Educational Activity</b>	<b>2:30 PM</b>
<b>Health Activity: Club Vibe Dance or Dance Jam</b>	<b>4:30 PM</b>
<b>Educational Activity</b>	<b>6:00 PM</b>
<b>Dinner w/entertainment</b>	<b>7:30 PM</b>
<b>Me Time/Relaxation/Bed</b>	<b>8:45 PM</b>

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<sup>1</sup> Subject to slight changes or modifications. The curriculum will be finalized two weeks in advance of the retreat!

<sup>2</sup> Pick up and retreat locations will be finalized one week in advance of the retreat date.

<sup>3</sup> Entertainment include movie, music, family comedy, etc.

## Sunday

<b>Light breakfast</b>	<b>8:00 AM</b>
<b>Health Activity: Yoga or Stretch, and Balance</b>	<b>9:00 AM</b>
<b>Educational Activity</b>	<b>10:00 AM</b>
<b>Brunch</b>	<b>11:30 AM</b>
<b>Educational Activity</b>	<b>12:30 PM</b>
<b>Wrap-Up: Fare-well Closing</b>	<b>2:30 PM</b>
<b>Return transportation to Drop-off point</b>	<b>4:00 PM</b>

We know you may have questions

Notes: \*These retreats qualify for the 5-year doctoral completion educational package.

Package prices include return transportation to and from the location (meet at pickup points or from the airport), accommodation, meals, all holistic and educational activities.

Food: Will be provided by the resort and is included in the costs. Special dietary needs will be addressed.

Location: Lake Blackshear Resort, Cordele, GA

Transportation: Will be provided by a contracted professional such as "global transport." The pick-up point will be determined for local GA participants. Out of town residences will be picked up at the Atlanta Airport.

Please contact us by email at [help@helpdoctoralstudentsretreat.com](mailto:help@helpdoctoralstudentsretreat.com)

*\*Take advantage of the following fall specials: 1st 2 students to register earn free transportation and accommodations. Door-prize raffle: 1st prize 50% off next retreat; 2nd prize free Yoga mat; 3rd prize free tote. All participants receive a free water bottle and workout shirt.*