



What follows is the agenda for the Georgia State University School of Social Work team. Your agenda is tailored to your team including specifics such as feedback, tools and technology usage, facilitator preparation and storytelling, and practice with application and inspiration.

**I can't wait to get to know you and your team and create an incredible experience
JUST FOR YOU!**

✦ Speak, Spark, Shine!

A Retreat to Recharge Your Energy, Reignite Your Voice, and Refresh Your Craft

🔍 Program Description:

Today's trainers are navigating more than ever: digital fatigue, back-to-back meetings, hybrid overload, and the pressure to perform in uncertain, rapidly shifting environments. It's no wonder even the most seasoned facilitators can feel drained, disconnected, or creatively stuck.

Speak, Spark, Shine! is a one-day, in-person retreat designed to help you reclaim your voice, reawaken your passion, and reconnect with the kind of presence that inspires real engagement.

This isn't just a skills workshop—it's a space to breathe again. Through energizing vocal warmups, compelling storytelling techniques, dynamic tools, and collaborative activities, you'll explore how to show up more fully and authentically—on screen or in person. You'll reflect, create, practice, and play, surrounded by others who know what it means to hold the room—and sometimes, to carry the weight of it.

Whether you're burned out or fired up, this day is yours: to reset, recharge, and return to your craft with renewed clarity, courage, and joy.

🎯 Objectives

By the end of this retreat, participants will:

- Prepare their voice and body using practical warm-ups for confident delivery
- Use a storytelling framework to create meaningful and memorable learning moments
- Engage with modern interactive tools to boost facilitation impact



- Experience and adapt creative training activities for different learning environments
- Apply a three-part feedback model to receive critique with clarity and purpose
- Create and deliver a short facilitation moment with peer support and celebration
- Walk away refreshed, reconnected, and ready to *Speak, Spark, and Shine*

✦ **Speak, Spark, Shine!**

|Recharge Your Energy. Reignite Your Voice. Refresh Your Craft.

Taglines:

- *Train with confidence. Speak with power. Show up with presence.*
 - *Voice your power. Tell your story. Engage like never before.*
 - *Facilitation isn't just a skill—it's your spotlight moment.*
 - *Where bold trainers come to create, connect, and captivate.*
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🕒 8:00–9:00 AM | 🍳 Breakfast & Connection

- Coffee, music, mingling
 - Discover your **Trainer Superpower** + receive your **pin**
 - Spark Prompt: *What do people remember most about you as a facilitator?*
📺 *Your custom Suno song is here!*
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🕒 9:00–9:15 | 🦸 Hero Warm-Up

- Light movement + quick insightful game + one word to kickoff today
- “Pick an Object... Trainer Edition”

🕒 9:15–9:45 | 💬 Storytelling Spark: The René Rodriguez Shift

- Intro to the 5-part framework
- Hear Kassy's transformation + try it out with your own story

🕒 9:45–10:05 | 🗣️ Vocal Power-Up: Speak Like You Mean It

- Heroic-inspired vocal and presence exercises
 - Anchor your voice to your story
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🕒 10:05–10:50 | ⚙️ Favorite Tools in Action: AhaSlides, Airtime, Dream Crusher

- Interactive demos & live participation
 - Real-world tips + reflection on use cases
 - 📦 *Hero Stickers drop!* + another Superpower Surprise!
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🕒 10:50–11:05 | 🌀 Energy Reset

- Dance break, walk & talk, or Hero Card Challenge
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🕒 11:05–12:00 | ✨ Hero Moves: My Favorite Activities to Engage Any Audience

- Play → Debrief → Remix
 - Experience 2–3 of Kassy's top training activities
 - Collaborate on custom variations
 - 📦 *Gift: Interact & Engage!*
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🕒 12:00–1:00 | 🍽️ Lunch & Lightbulb Moments

- Table prompts:
 "What makes a trainer unforgettable?"
 "What's your next bold move?"
 - Optional: Quiet zone with journaling + reflection cards
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🕒 1:00–1:20 | 💡 Feedback That Fuels

- Explore Kassy's 3-part process: Act, Reflect, Let Go
 - Turn critique into clarity
 - Practice mindset flips and language tools
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🕒 1:20–2:20 | 📦 Practicum & Showcase

- Design and deliver your 5-minute Hero Moment



- Use your favorite tool, story, or activity
 - Shine, support, and celebrate!
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🕒 2:20–3:00 | 🕒 Celebration Circle & Final Spark

- Share your boldest takeaway
- One sendoff word + compared to your kickoff word
- Reflect with your *superpower report*
- Group photo + confetti sendoff
- Leave with:
 - ☒ *Your book*
 - ☒ *Suno song*
 - ☒ *Stickers, pin, & Superpower Report*
 - ☒ *The confidence to Speak, Spark & Shine!*

🔗 [Button: Book a Call]