



CAMP WELL

REFLECT . REFOCUS . RESET

A FOUR-DAY SOUL CARE GATHERING
including A SIX MONTH ONLINE EXPERIENCE

October 17-20, 2022

Lost Valley Ranch . Sedalia, Colorado

WHY CAMP WELL?

After years of experience in the both the corporate world and entrepreneurship, Jenn Jett and Kelly Rucker saw a great need to create a space where high-capacity women could step away from their work and enter INTO a space where rest can be found and creativity can be recharged.

Burnout is a problem. Community is a need. Camp Well is the solution. This all-inclusive retreat (meals, accomodations & sessions) set against the Rocky Mountains, provides a place for women to reflect, refocus and reset - returning to work with renewed vision and energy.



“Camp Well is an intentional, personalized retreat with the purpose of refocus and meeting with coaches to develop a strategy to best utilize individual giftings and strengths.”

2018 Spring Camp Well Camper

campers can expect to...

- ▶ Explore their Strengths Finder & Enneagram results to better understand themselves & others.
- ▶ Connect with other high-capacity women in various vocations and fields & yield new ideas.
- ▶ Be challenged to think in bigger and more innovative ways.
- ▶ Find space to set goals and return to their team with action steps for success.
- ▶ Rest and recharge to prevent burnout.

- ▶ Reap the mental, emotional & physical benefits of spending time in the mountains and nature.
- ▶ Gain critical insights into her skills & abilities and how to utilize them well in the workplace.
- ▶ Establish new habits for her personal & work life, making her a more effective team member.
- ▶ Break from her normal rhythms in order to spark inspiration and creativity.

OPPORTUNITIES to SUPPORT

- sponsor the full registration of \$2497
- sponsor partial registration of any amount
- grant paid time off