



EmpowerHer Retreat Intensive

OCTOBER 10-12, 2025

MEMPHIS, TENNESSEE

"A getaway for women leaders to disconnect and reconnect"

From the Host

Dear Purpose-Driven Leader,

“You cannot stumble upon greatness; you walk up to it and introduce yourself.”

Welcome to the 1st Annual EmpowerHer Retreat Intensive — **Purposed with Power!**

I am beyond excited that you said “yes” to this weekend of intention, transformation, and connection. This year, our theme invites you to tap deeply into your purpose — to rediscover not only why you lead but the divine power that fuels your journey.

Over the next few days, you will be challenged, restored, and poured into through meaningful workshops, reflection, and sisterhood. This retreat is designed for women leaders like you — women who are ready to move beyond simply existing in purpose to living powerfully within it.

When we talk about being Purposed with Power, we are talking about aligning our inner conviction with outward action. We are talking about the courage to walk boldly in what was designed just for you. And most importantly, we are talking about remembering that your power does not come from what you do — it comes from who you are.

You will not walk this journey alone. Our phenomenal speakers and facilitators have been carefully selected to guide you through sessions that nurture your leadership, well-being, and spirit. Each experience — from morning reflections to group sessions to our moments of rest — has been curated with you in mind.

I hope that by the time you leave this retreat, you not only feel renewed but reignited to walk in purpose with boldness and grace. Take the time to be still, to connect, and to allow yourself to be inspired.

Welcome to a weekend that will remind you of your strength, your calling, and your undeniable power.

Warm regards,

Christin Webb

CHRISTIN WEBB

Founder and CEO,

The Greater You Leadership Series



EmpowerHer Retreat Intensive Itinerary

DAY 1: ARRIVAL AND ACQUAINTANCE

<i>early evening</i>	• 4:00 PM - 5:00 PM: Check-in & get acquainted with the retreat center
<i>evening</i>	• 5:00 PM - 5:30 PM: Welcome and Introductions • 5:30 PM - 7:30 PM: Icebreaker Activities and Community • 7:30 PM - 8:30 PM: Welcome Dinner/Opening Message with Christin Webb • 8:30 PM - 9:30 PM: Purposed Intentions Session • 9:30 PM: Personal Time/Community

DAY 2: INTENSIVE CONTINUES

<i>morning</i>	• 7:00 AM – 8:00 AM: Morning Yoga w/ Camille Potter • 8:00 AM – 8:15 AM: Personal Time/Community • 8:15 AM - 9:00 AM: Group Breakfast • 9:15 AM - 10:15 AM: Personal Growth w/ LaKenya Humprehys • 10:15 AM - 11:30 AM: Purposed with Power w/ Christin Webb
<i>afternoon</i>	• 11:30 PM - 1:30 PM: Personal Time and Lunch • 1:30 PM - 3:00 PM: Guided Hiking Excursion • 3:00 PM - 4:30 PM: Personal Time/Community (Optional: Coaching with Christin) • 4:30 PM - 5:30 PM: The LeadHER Within w/ Christin Webb
<i>evening</i>	• 5:45 PM - 6:30 PM: Personal Time/Community (Optional: Coaching with Christin) • 6:30 PM - 7:30 PM: Dinner • 7:30 PM - 9:00 PM: Ladies Hold 'Em with Kenda Lawson (Poker with a Purpose) • 9:00 PM - 11:00 PM: Movie Night ◦ Optional Nighttime Meditation, Personal Time

DAY 3: EXPLORE AND FAREWELL

<i>morning</i>	• 7:30 AM - 8:00 AM: Morning Meditation (optional) • 8:00 AM - 9:00 AM: Closing Ceremony • 9:00 AM - 10:00 AM: 'Going Forward' with Christin Webb • 10:00 AM - 11:00 AM: Departures and Check-out
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EmpowerHer Retreat Intensive Speakers



Workshop Session: Mindfulness and Yoga

THE RETREAT WELLNESS EXPERT CAMILLE R. POTTER

Camille R. Potter is a Registered Yoga Teacher (RYT-200) and Certified Kemet Yoga Teacher (CKYT-200) who believes in yoga as a path to healing, strength, and community empowerment. Her journey began at the University of Memphis and has since grown into a practice that bridges mindfulness, movement, and cultural connection. A former athlete, Camille has introduced yoga to collegiate basketball teams, teaches free community classes in Memphis, and creates specialized sessions that build both physical resilience and mental awareness. Passionate about wellness and justice, she is currently pursuing her 300-hour RYT and Ayurvedic Nutrition certification to deepen her impact on and off the mat.

www.downtownyogamemphis.com/camille-potter

THE RETREAT THERAPIST LAKENYA HUMPHREY

Lakenya Humphrey, MSW, LCSW is a licensed clinical social worker, speaker, and founder of Start Anew Counseling, LLC, a Memphis-based mental wellness organization serving professionals in Tennessee and Arkansas. She specializes in helping individuals reclaim their voice, reconnect with purpose, and embrace all parts of themselves—including the ones they have previously rejected. Lakenya integrates Internal Family Systems, trauma-informed care, and identity work to support clients navigating anxiety, burnout, and life transitions. She is a proud graduate of the University of Memphis and the Goldman Sachs: One Million Black Women in Business program. Additionally, she is also a member of Alpha Kappa Alpha Sorority, Inc. and The National Association of Social Workers (NASW). Lakenya believes healing is not about becoming someone new, but about coming home to yourself.



Workshop Session: Personal Growth

WWW.STARTANEWCOUNSELING.COM

EmpowerHer Retreat Intensive Speakers



THE RETREAT 'POKER WITH PURPOSE' EXPERT KENDA LAWSON

Kenda Lawson is an educator, instructional designer, consultant, and entrepreneur working at the intersection of curriculum, technology, and trauma-informed teaching. She is co-founder and CEO (or leader) of Owls Education (OWLS, LLC), a company that develops training, curriculum, and tech for education systems, especially around 21st-century skills.

Her work focuses especially on designing educational experiences that respond to trauma, inequity, and social barriers. She also hosts the award-winning podcast, *The B Word**, that explores themes of trauma, resilience, identity, and growth—especially from a woman's perspective.

**Workshop Session:
LADIES HOLD 'EM**

www.askowlsllc.com

THE RETREAT HOST CHRISTIN WEBB

Christin Webb is a visionary and transformational leader, global speaker, best-selling author, award-winning screenwriter, and accomplished businesswoman. With more than two decades of experience, she has dedicated her life to empowering women leaders through innovative leadership, confidence building, and business development strategies.

As the founder of Greater You Leadership, Christin has worked with organizations, executives, and emerging leaders to cultivate purpose-driven leadership that creates lasting impact. Her dynamic approach combines practical strategies with storytelling, drawing from her own journey of resilience and reinvention. Christin is widely recognized for her ability to help leaders embrace authenticity, navigate change, and lead with both courage and compassion.

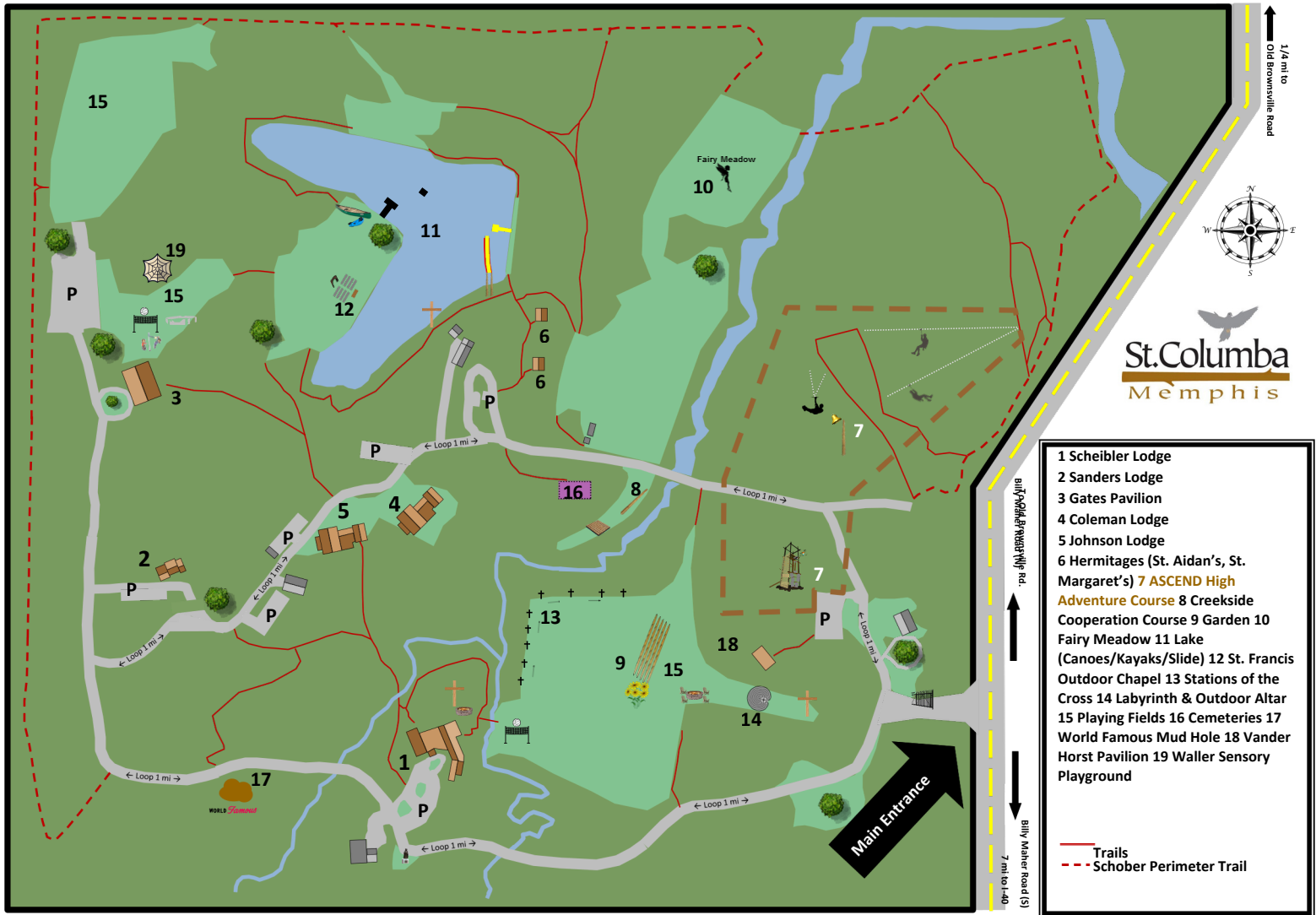
In addition to her leadership work, Christin is a celebrated creative voice, earning accolades for her screenwriting and authorship. She blends creativity and strategy to inspire audiences around the world and remind them of the power they already hold.



**Workshop Session:
The LeadHer Within**

www.christinwebb.com

EmpowerHer Retreat Intensive Property Map



St. Columba— A Natural Sanctuary for Camps & Retreats
4577 Billy Maher Road, Memphis, Tennessee 38135

901-377-9284
www.saintcolumbamemphis.org

Sanctuary

***EmpowerHer Retreat Intensive is housed in Coleman Lodge (Building #4)**

EmpowerHer Retreat Intensive

Thank You

Nothing committed to alone turns out more successful than the commitment of many. Thank you to the following individuals and teams for supporting the vision of the 1st Annual EmpowerHer Retreat Intensive.

Speakers and Experts

Camille Potter

Lakenya Humphrey

Kenda Lawson

Christin Webb

Production Team

Jasmine James

Dominic Lawson

Content Manager

Tierra Starks

In-Kind/Sponsorships

Pink Sands Company

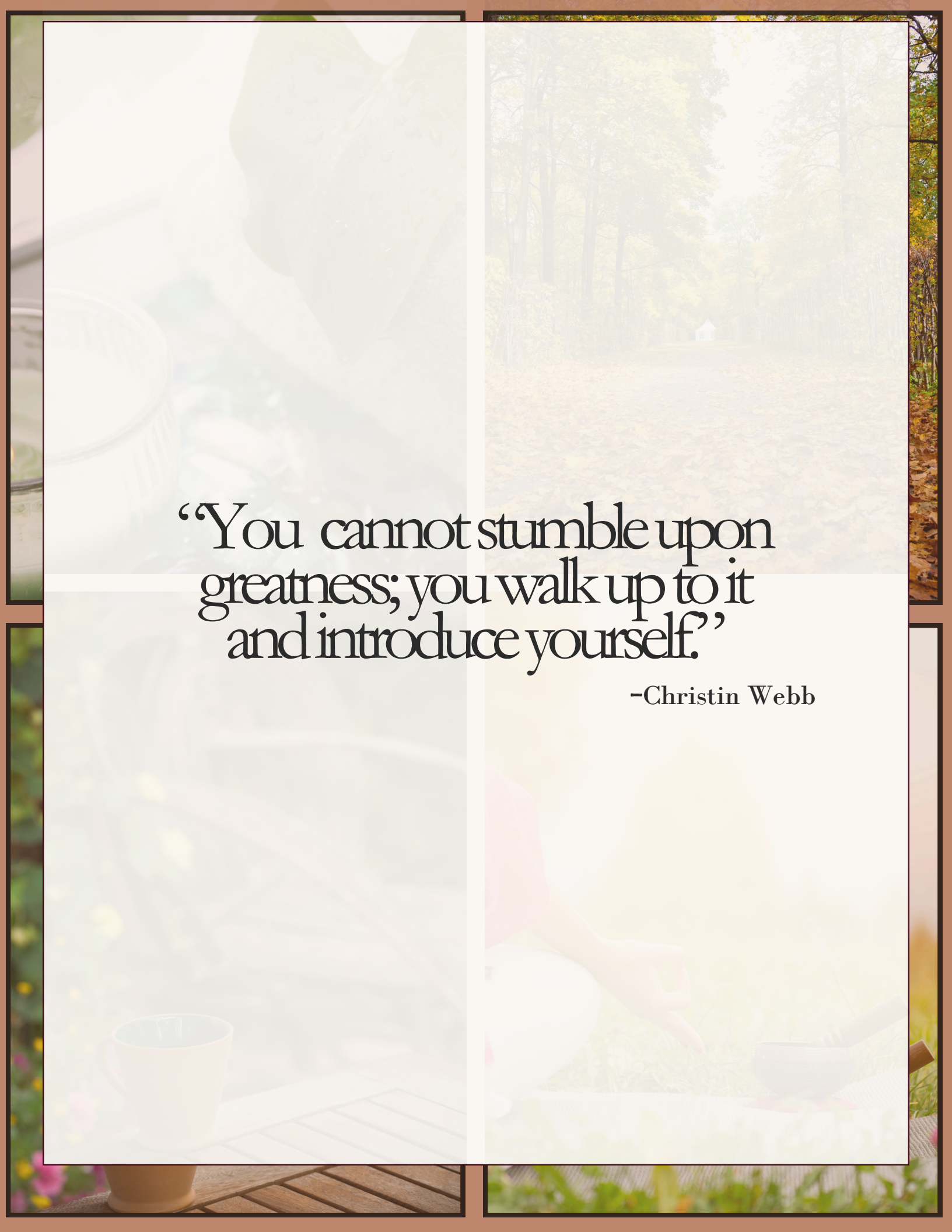
The Greater You Leadership Series

Printing

Office Depot

Venue

St. Columba Retreat Center



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-Christin Webb