



# *The Purposeful Getaway*

Hosted by Valerie Mummert

RETREAT

# The Purposeful Getaway

## Retreat Purpose

I created this retreat for women who have been very competent in their roles but now find themselves in a life transition or just wanting more.

By providing lovely accommodations and preparing every detail of your getaway stay, I want to help you leave behind the "noise" so you can hear your own voice.

The retreat is intentionally limited to 8-10 women so you get great community time with each other and personal attention from me.

You now have the time and resources to dream big.

I will encourage you with straight-talk accountability, and generously share my toolbox of experience to get you going to the next season of your life with a renewed purpose and intention!



Imagine the places your mind could go if you created the space for it to happen.

Paul Napper | Antony Rao

# The Purposeful Getaway

## About me

I'm passionate about helping women in midlife realize their best years are still ahead!

As a wife and a mom to seven kids (and now a grandma to nine), I've been through marriage joys and challenges, survived the teen years, launched adults into the world, and became a mother-in-law.

I own businesses, have been on church staff, professionally coordinated weddings and events, and have worn many other vocational and volunteer hats.

Mentoring has always been in my heart so I became a Certified Life Coach to help women find their voice and live their next season with purpose, on purpose.

To bring out in you what I call "spendable wisdom", a responsibility to use what you have learned to move forward making a difference for others.

I'm not planning on slowing down anytime soon!

HEY THERE, I'M VALERIE  
Let's help you find your voice so you can  
step into your next chapter with  
confidence.



# Table of Contents



What's included in "all inclusive"?



Where are we gathering?



Format and how do I fit?



Our schedule for the weekend



What I will walk away with?



FAQs (Frequently asked questions)

# What's Included?



Accommodations	\$1997.00
Food and Beverage	\$195.00
Night Out in Prescott	\$ 75.00
Group Coaching Sessions	\$475.00
Take Home Workbook	\$ 75.00
1:1 Coaching after Retreat	\$250.00
Concierge Service Pre- Retreat	\$ 150.00
Bonus Gifts and Goodies	\$ 175.00
Private Quiet Time to Yourself	\$ PRICELESS
TOTAL VALUE:	<del>\$3392.00</del>

*All Included With Your  
Room!!!*

# before the Retreat



## Concierge service

To answer ALL of your questions and requests from registration right up to arrival. You will never have to figure it out on your own.

## Resources by email

We want you to look forward to relaxing and refreshing so we will send you resources such as a packing list, what to expect, what to bring, how and when to get there, the menu, the weather forecast and more!



## Private Facebook Group

Get to know the great women that will be on the retreat BEFORE you meet in person! Our private Facebook Group is a great way to share the excitement of getting away, your goals for the retreat, and options for ride sharing.

# at the Retreat

## Date and Time

Arrive between 4pm and 5pm on Day 1, and check out on Day 4 at 11am.



## Food and Beverages



All meals (breakfast, lunch and dinner) are included. Snacks, happy hour, and self-serve beverages throughout the day are all included in the registration price. Dietary restrictions can usually be accommodated.



# at the Retreat

## Group Coaching Sessions



### IN THE GROUP COACHING SESSIONS, YOU WILL LEARN:

- ✓ How to talk about yourself as if you were a friend worth cheering for
- ✓ How to deal with your changing roles, body, and mind.
- ✓ Identify your biggest dream, your biggest fear, and your biggest obstacle.
- ✓ Insights and skills to find your purpose, on purpose.
- ✓ How to spend a day in quiet reflection to stop the noise and find your voice.



# at the Retreat



Individual, personal time with Valerie to share thoughts & receive feedback

Time to spend with other attendees to build relationships, bounce ideas off each other, share stories, and work through coaching session assignments.



Evening fireside/ fireplace chats to socialize and relax



Private, quiet time to yourself to relax and re-charge with spa goodies provided



# after the Retreat



## 1:1 Coaching Session

Everyone's experience at the Purposeful Getaway Retreat will be unique to your situation and your goals.

Wherever you are in your ongoing journey, you will discover insights in your personal time and in discussions with others.

You will have more clarity in where you are and where you want to go.

As with any new season and new territory, as a Certified Life Coach I can help you organize your thoughts, recognize your talents, and map out your next intentional steps.

Your registration INCLUDES a follow up 45 minute individual coaching session with me after the retreat.

**"What I admire about Valerie is her ability to make me think and how she challenges me to be a woman who wants to live with purpose. She gives me encouragement to dream and reach for the goals that fulfill my heart's desire.**

**When I talk to Valerie, I come away feeling refreshed, empowered, and loved."**

**M. Beshk, Real Estate Agent @ The Beshk Group**

# where are we Gathering?



## Prescott, Arizona

Sound like a local, it's pronounced "Press-kit"!

90 minutes from Phoenix on a beautiful drive through the desert into the ponderosa pines to an elevation of 5367'.



## Private House

Our accommodations are a private house with 6 bedrooms, 4 bathrooms, 2 kitchens, full laundry facilities, recreation room, large outdoor patio and plenty of parking. Hillside paved walking trails through a quiet, elite neighborhood.



## Wildlife In Town and Out

Prescott prides itself on still being the "Wild West". It has an interesting history with the famous Courthouse Square and Whiskey Row, so named for the number of saloons dating back to the late 1800s. We will spend an afternoon exploring the antique shops, eateries, boutiques and more.

[HTTPS://WWW.PRESCOTT.COM](https://www.prescott.com)

# where are we Gathering?

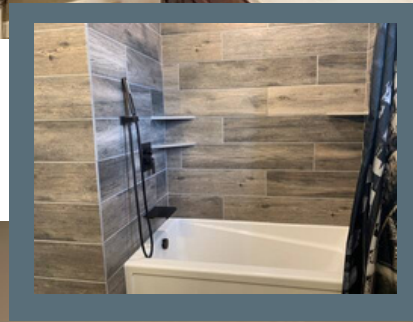


# rooms at the Retreat

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## Premium Private Room

This private room features French doors to the patio, Queen queen-sized bed, a dresser, a closet, and a shared bath. The bath is upgraded with modern touches including tile and wood planks, a deep sunken bathtub for a luxurious soak, and a rainmaker shower.



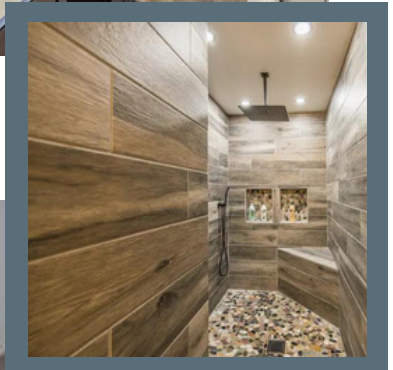
[Book Private Premium Room](#)

# rooms at the Retreat

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## Double Occupancy Master Suite

This shared suite with a roommate features one King- size bed, desk area, french doors to the patio, an en-suite bathroom with double sinks, walk-in shower room with multiple shower heads, and an oversized walk-in closet with dresser. Charming barn doors separate the bedroom and bathroom for privacy.

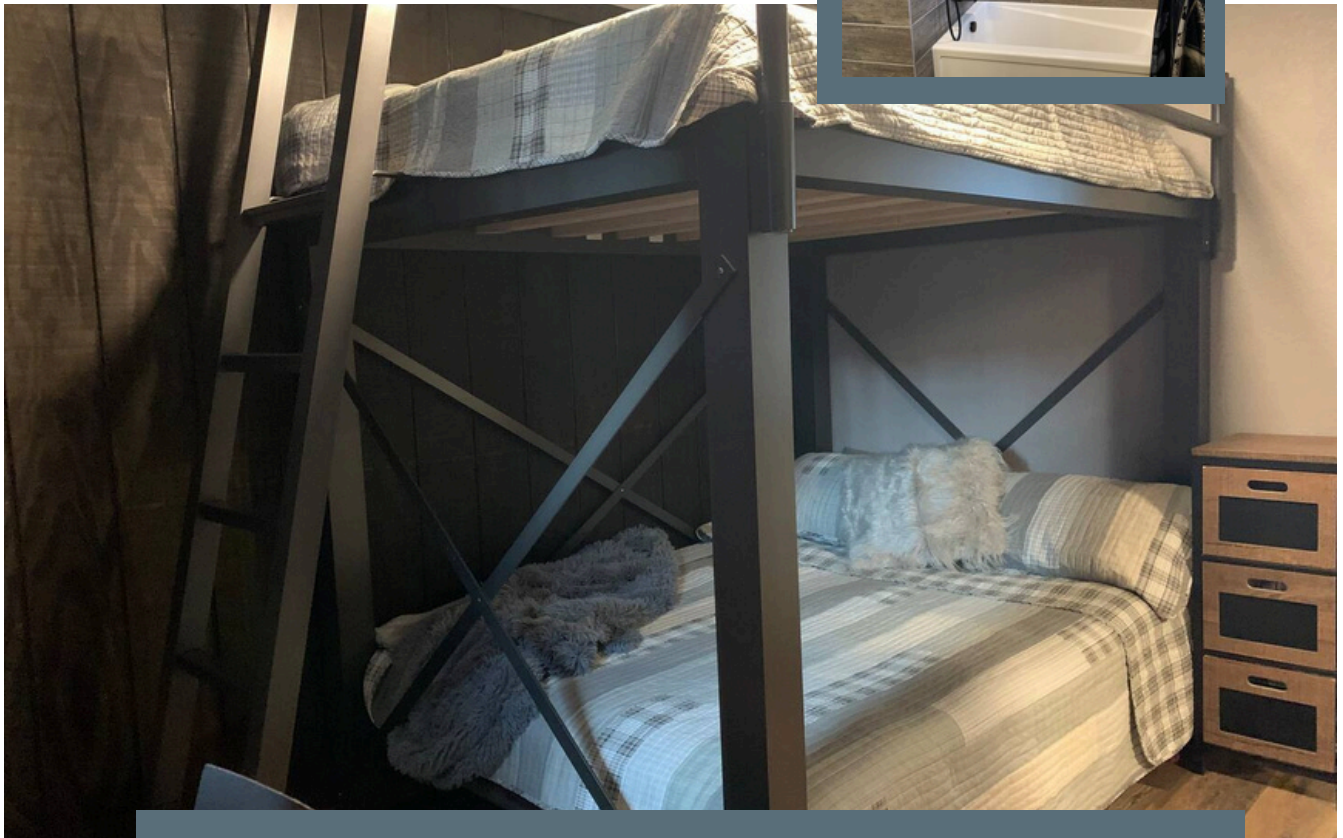


(Shared room) [Book Master Suite](#)

# rooms at the Retreat

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Single Standard Room

This room features a Full/Queen-size bunk bed and shared bath. The bath is upgraded with modern touches including tile and wood planks, a deep sunken bathtub for a luxurious soak, and a rainmaker shower.



[Book Private Standard Room](#)

# how do I Fit?



Everyone's experience at the Purposeful Getaway Retreat will be unique to your situation and your goals.

We have purposefully structured the schedule at the retreat to allow you to focus on what you need for your body, heart, and soul.

There is time to socialize, have fun, and de-stress from day-to-day noise and demands.

There is time to learn and discover concepts that you may not have been able to put into words.

There is time to interact, ask questions, and encourage one another.

There is time to discover or cultivate your creative side.

There is time to be quiet, intentionally.





# our Schedule

## DAY 1

Arrive between 4 pm and 5 pm

Personal greeting, freshen up, and settle into your room

5:30 pm Happy Hour and tour, retreat overview

6:00 pm Casual dinner and "getting to know you" session

8 pm Bonfire with S'mores

## DAY 2

8am- 9am Breakfast available when you feel like it

10 am Group Coaching Sessions with short breaks

12 noon to 2pm Lunch and free time

2pm to 3pm Group Session followed by workbook or rest time

4:30 pm to 8pm Shopping and dinner in downtown Prescott

Evening free time

## DAY 3

"Silent Reflection Day"

This is an extended time of quiet to focus on YOU;  
sleep in, journal, pray, whatever YOU uniquely need.

(self-serve coffee, beverages, and snacks anytime)

8 am- 10 am Breakfast self-serve

12 noon-2 pm Lunch self-serve

3 pm Optional Group Session and Discussion

3 pm to 6 pm Free time

6 pm Dinner

Evening: Creative project (vision board, color pages, planning)

## DAY 4

8am- 10am Breakfast available

Wrap up Session

Pack up and check out by 11 am

# what will I walk away with?

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What a privilege to spend time with fun, mature, beautiful women. I didn't know that I was also ready to expand my "tribe". The opportunity to meet and to get to know someone on a retreat and outside their "normal" environment is so much deeper and so much more authentic than our normal opportunities"

(Susan C. Professional Seamstress and Life Coach)

"I did not know how much I needed it and your preparations allowed me to regroup mentally, emotionally, physically and spiritually.

Decision fatigue is a real thing and I was suffering. Removing decisions for 4 days was the start of refreshing for me."

"The best part of the retreat weekend I attended was the fellowship with women who are strong, capable, and intelligent. I loved hearing the ladies sharing words of wisdom based on the seasons they have had in their lives."

(Micki B., Event Planner)

## A Mindset Change

The confusion and uneasy feeling you came with will be replaced by clarity of who you are, what you are gifted at, and what your purpose is going forward.

## A Written Plan

Your printed workbook/ journal that you have worked on over the weekend will be a continuing resource for the group coaching sessions and your unique action plan. You and I will review it and determine next steps in our 1:1 coaching session after you get home.

## The Purposeful Getaway

### Community

Contact list for the relationships formed at the getaway. Continuing friendship, encouragement and accountability.

# frequently asked Questions

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## What do I bring?

We try to make it easy for you to pack light! The location is in a quiet neighborhood with little noise and the rooms have black out curtains. Bed linens, towels, shampoo, soap and laundry detergent are provided. Spa supplies such as candles, bubble bath, epsom salts, a robe and warm neck wrap are my gift to you to relax.

## How do I get there?

In our dedicated Facebook Group, we will encourage car pooling connections between attendees. It's most cost effective for those travelling from out-of-town to rent a car instead of a car service such as Uber or Lyft.

Our local attendees may be able to ride share with you and you will not need transportation once at the venue.

## What time should I travel

To arrive at the venue between 4 pm and 5 pm you should plan to leave the Phoenix area (driving) around 2:30 pm. The Phoenix metro area is large and, depending on where you are traveling from, it may be an hour (+) or (-).

Scottsdale is about 1 hour + 15 minutes, Phoenix/ Sky Harbor airport is 1 hour + 30 minutes, East Mesa/ SE Gilbert/ Mesa Gateway airport is 2 hours.

If arriving by airplane, plan on a flight arriving by 1:30 pm.

On Day 4, plan on a flight leaving no earlier than 3:30 pm.

# frequently asked Questions

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Do I have to stay on site?

The all- inclusive experience is designed for attendees to get the most out of our group sessions and informal relationship building connections.

Unexpected moments are often the best ones! You can extend your stay by exploring the Phoenix area or Prescott before or after the retreat.

What about dietary restrictions?

You will have an opportunity to let us know in advance when registering and we are happy to accommodate you!

We are familiar with strict diets including gluten free, dairy free, vegetarian; and we also honor preferences such as protein forward, and frequent meals.

Just indicate your preferences on the registration survey.

What do I wear?

**YOU DO YOU!** If you need to be in PJs for a weekend then that's your jam (or, jammies...) Most attendees are in casual attire which can be dresses, jeans and tees, workout gear- whatever is comfortable for you. Even on our afternoon and evening dinner in Prescott on Friday night you will see shorts and cowboy boots, jeans and cowboy boots, dresses and cowboy boots and all of the above with sandals, heels and sneakers. We are all about finding your uniqueness and that includes your style.

I'm still looking for my perfect pair of cowgirl boots!

# FAQs

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## What kind of women attend?

The Purposeful Getaway is designed for women in a life stage that is different than what they have known.

Most of our attendees are 45-60 years, "midlife" but we do not let age be our definition.

You may be 40 with all of your kids out of the house; 60 with teens at home, or a single woman contemplating a career change at 50.

## Who is my roommate?

Bring a friend and you can room together! Just include the names on your registration survey.

Only the Queen Rooms are single occupancy and the other rooms are double occupancy.

We will pair roommates based on survey answers.

## Is there wi-fi?

Yes, there is wi-fi at the venue. We encourage you to "un-plug" as much as possible but if you process best digitally then it is available to you.

Consider putting your email on an out-of-office/ vacation mode with a message; "I'm at a retreat to invest in myself; I'll be back soon and equipped to be the best version of myself for you."

# FAQs

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What if I have physical limitations?

The venue has a large main living area where most of our meals and sessions will take place. There are a few internal stairs (5) required to access the lounge and bedroom areas and a slight slope with stepping stones to the front entrance.  
It is not ADA compliant.

What's the weather?

Warning:  
Do not look at Phoenix weather for Prescott !  
The elevation makes a big difference and Arizona has vastly different weather depending on location.  
We will give you an update close to the Retreat date.

Do I have to attend all activities?

The retreat has been carefully designed with group learning, relationship building, collaboration, creative and fun time, and personal quiet time.

Our extroverts may be challenged with quiet time and our introverts may fear overwhelm.

We believe you will benefit from all of the planned activities but feel free to opt out if you need a break.

# FAQs

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## What if my room choice says "sold out"

The room preferences are first registered, first served. Just like a hotel, we have limited room choices and expect to sell out every retreat. To attend the retreat you will have to register for a room that is still available.

There is a spot for additional comments on your registration form so if there is a change or cancellation you can list your first preference and we will try to accommodate your choice.

## Can I come on Day 2 in the morning instead?

The Purposeful Getaway Retreat experience begins with the Day 1 dinner and bonfire. It takes us several hours to "leave the stress of life behind" and get into a mindset of investing in ourselves. We want to sleep well and be ready to engage in 2 full days of growth so it would be disruptive for morning arrivals to unsettle the group that has already settled in. Perhaps another time would work better in your schedule for you to be fully engaged.

## How do I choose this retreat over another one?

I am a firm believer in investing in yourself. I searched for retreats and couldn't find one that "fit" me. I wasn't looking for a stay in a rustic cabin with 4 bunk beds and a mess hall, or a yoga retreat focused on enlightenment. I also believe in "trusting my gut". While trying to answer all of your potential questions, my passion is to help you find your best fit. Did your heart just jump a little and you found yourself shaking your head and whispering yes under your breath?

Go with that!

# FAQs

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Do you have payment plans?

Yes! When you register for the Purposeful Getaway Retreat you will have the option to Pay in Full or make payments. Depending on when you register, your options will be displayed. Final payment is due 30 days before the retreat.

When is the next retreat if I can't make this one?

We are focused on our current event and currently we are hosting the Purposeful Getaway Retreat bi-annually. Subscribe to the email list on the website and you will receive advance notification for our next date. As soon as we sell out, we start a Waitlist ..

What is the refund policy?

A deposit is required to hold your reservation with the balance due 30 days prior to the retreat. Cancellations can be made by email within 48 hours of deposit payment for a full refund of your deposit. If you cancel after the deadline, we will do our best to fill your spot from our waitlist, in which case you will receive a full refund. Otherwise, any payments made will be forfeited. Deposits and reservations are transferable with permission from Valerie Mummert Coaching.

Please review our full contract terms and conditions at registration.



# can we save your Spot?



## THE PUZZLE IS NOT COMPLETE WITHOUT YOUR MISSING PIECE!

You feel like you need a change. But how do you overcome the overthinking and overwhelm and discover the clarity needed to name your dream?

That “someday” dream where we say, “I would love to do (fill in your blank) someday, but... (insert your reason here).”

I work with women like you asking the same questions and having the same concerns. We all want to know where we fit and how we can make a difference. What is my purpose and calling in this next season?

There is always new territory that you are called to invest in. I call it “spendable wisdom”; a responsibility to use what you have learned to move forward in helping others, living a life of purpose and intention.

The Purposeful Getaway can help you get there! I'd ❤️ to see you!



*Still have a question?*

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SEND A DIRECT EMAIL OR BOOK A FREE CALL WITH VALERIE!

[Send an email](#)

[Book a free call](#)

[Back to website](#)



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