



Retreat Facilitator Bootcamp

Program Overview & Facilitator Journey

This bootcamp is designed to guide aspiring facilitators through the complete journey of designing, building, facilitating, and launching transformational experiences. Blending wellness, human performance, facilitation, innovation, branding, and business development, the program equips participants with the mindset, tools, and systems needed to create meaningful experiences that create real impact.

PHASE 1 — DEFINE

Clarify Your Why, Voice, and Transformation

- Facilitator Identity & Purpose
- Defining Your Retreat Vision & Audience
- Human Transformation & Experience Design Foundations
- Filipino Wellness & Community-Centered Experiences
- Innovation Thinking & Human-Centered Design

PHASE 2 — DESIGN

Structure Experiences That Move People

- The Flow: Retreat Module Design Workshop
- Sacred Space: The Art of Ritual Making
- Facilitator's Treasure Box: Activities for the Mind, Heart, Body, and Soul
- Designing Retreats for Energy, Engagement, and Transformation
- IMPROV Your Mind: Improv Games for Creative Thinking
- NLP (Neuro-Linguistic Programming) Techniques for Retreats



PHASE 3 — FACILITATE

Learn to Hold Space with Confidence and Depth

- Facilitation 101: Essential Skills for Retreat Facilitators and Space Holders
- Ignite Your Impact: The Art of Dynamic and Inspirational Speaking
- Group Dynamics & Emotional Safety
- Presence, Energy, and Facilitation Confidence
- Leading Reflection, Sharing, and Integration

PHASE 4 — BUILD

Turn Your Retreat Into a Real-World Offering

- Retreat Branding & Positioning
- Creating Your Retreat Brand Bible
- Launch-Ready Social Media & Content Strategy
- AI Tools for Retreat Design, Content, and Productivity
- Rapid Prototyping & Innovation Methodologies
- Retreat Operations & Participant Experience
- Business Models, Pricing, and Profitability
- Facilitator's Starter Kit: Materials, Logistics, and Training Essentials

PHASE 5 — LAUNCH

Bring Your Experience Into the Real World

- Experience Launch Planning
- Pilot Retreat Preparation
- Marketing & Audience Building
- Facilitation Practice & Feedback
- Designing Experiences That Scale
- Building Your Path as a Retreat Facilitator



■ **CAPSTONE EXPERIENCE** (Optional Advanced Track)

Participants who demonstrate readiness may be invited to develop and facilitate a pilot transformational experience as their capstone project. This may include:

- Designing a full retreat flow and participant journey
- Facilitating selected modules or activities
- Applying branding, operations, and launch strategies in a real-world setting
- Piloting their experience through JG Barns, partner communities, or future iExp experiences

Because transformational experiences are best learned through real-world practice.

REAL-WORLD IMMERSION

The program includes:

- Online Zoom Sessions
- A 5-Day Immersive Farm Experience at JG Barns
- A Culminating Face-to-Face Session in Manila

Because transformational experiences are not learned through theory alone. They are practiced, embodied, refined, and brought to life.