

2024

# HEALING

ON PURPOSE RETREAT



FIND HOPE IN  
HEALING

EXPLORE TRAUMA  
AND UPROOT

EXPERIENCE REST  
AND PEACE

WHAT IS THE

# HEALING ON PURPOSE RETREAT

Healing on Purpose women's retreat is a two-day event filled with relaxation, incredible workshops and activities, uplifting speakers, giveaways, and powerful connections. The purpose of this retreat is to help women take their power back, establish identity and purpose, begin to heal what's unhealed, explore self and gain awareness, learn how trauma and codependency impact their lives, and how to shift their mindset, set boundaries, and set purposeful goals.

The faith-based retreat will allow women to experience God's transformative power and healing. Activities will include, but are not limited to, bonfires, body treatments, hikes, fitness classes, workshops, moments of silence and solitude, free time, and much more. All the women who attend will walk away with more self-awareness, an uplifted and rejuvenated spirit, peace, wisdom, and meaningful connections.

We would love for you to be there!

Healing on Purpose Retreat

Friday, October 11th - Saturday, October 12th

Mount Olivet Conference & Retreat Center  
7984 257th St W  
Farmington, MN 55024

Register online at  
[RootedUnlimited.org/HealingonPurpose](https://RootedUnlimited.org/HealingonPurpose)

HEALING ON PURPOSE RETREAT 2024

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**Now the Lord is  
the Spirit, and  
where the Spirit  
of the Lord is,  
there is  
freedom.**

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2 Corinthians 3:17



# WHAT DO WE PLAN TO FOCUS ON

Trauma and pain are universal experiences that can have a profound impact on our lives. Whether it's heartbreak, grief, abuse, neglect, or rejection, these emotions can often be overwhelming and challenging to navigate. We may try to bury these emotions, thinking that burying them will help us move forward, but in reality, it can hinder our ability to heal and grow.

The best approach is to confront the trauma head-on and learn how to manage and cope with it healthily. Ignoring or suppressing our pain can lead to detrimental outcomes such as addictions, codependency, depression, unhealthy habits, and limited thinking patterns.

It's crucial to understand that trauma does not define us or make us any less worthy or lovable. It is a part of our story, but it doesn't have to control our lives or direct our story. Instead, we can use our experiences to help others, to find strength within ourselves, and to create positive change in the world.

We all have a unique purpose and identity given to us by God. By embracing our true selves and actively working towards healing, we can reclaim our purpose and live a meaningful life filled with light. It's time to break free from the grip of trauma and pain and move forward with intention. Let's choose to heal and embrace our purpose.

# SPEAKERS/HOSTS

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## **Colleena Carlisle**

CEO/Master Coach

Colleena Carlisle is a certified coach with trauma-informed, health and wellness, and leadership development coaching certifications. Colleena holds a PCC accreditation from the International Coaching Federation. She has her own story of trauma, loss, pain, and overcoming it. She is a mother, multi-business owner, author, and speaker who helps others grow holistically. She enjoys fitness, spending time with family, and dancing.



## **Kelina Morgan**

Life Coach

Kelina Morgan is a certified business, empowerment, and life coach who is also a best-selling author, publisher, and minister. Kelina is a fighter with resilient tenacity to overcome life's obstacles, such as sexual violence, domestic abuse, poverty, betrayal, divorce, and single motherhood, through grace and humility. Kelina's purpose is to support women in moving forward and overcoming life's adversity, becoming better, not bitter. Kelina enjoys laughter, traveling, and spending time with her family.



# HEALING ON PURPOSE RETREAT 2024

# HEALING DAY ONE

— FRIDAY, OCTOBER 11 2024 —

- 08.30 AM Registration Begins/Check-in
- 09.30 AM Session One
- 10.30 AM Break
- 12.00 PM Lunch Served
- 01.00 PM Session Two
- 03.30 PM Session Three
- 06.00 PM Dinner Served
- 07.00 PM Social Hour/Bonfire/Bonding
- 09.00 PM Free Time/Moment of Solitude
- 11.00 PM Get Your Beauty Sleep



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# HEALING DAY TWO

— SATURDAY, OCTOBER 12 2024 —

- 08.00 AM Breakfast Served
- 09.30 AM Session One
- 10.30 AM Break
- 12.00 PM Lunch Served
- 01.00 PM Session Two/Wrap-Up
- 03.00 PM See You Later & hugs

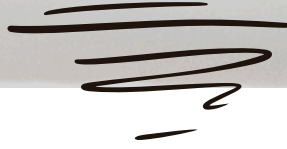
*"Experience a transformative getaway that will give you deeper understanding and meaningful connections. Let your season of healing and embracing your purpose begin."*





HEALING ON PURPOSE RETREAT 2024

# WHAT YOU GET



## All-Inclusive Treatment

- ✓ 2-Days & 1-Night
- ✓ 4 Meals (Includes Snacks)
- ✓ Hotel Style Room or Dorm
- ✓ Swag Bag
- ✓ T-shirt & Stretching Mat
- ✓ Mind, Body, & Spirit Activities
- ✓ Body Treatments
- ✓ Workshops
- ✓ Fitness Classes
- ✓ Adventure - Hiking, Water fun
- ✓ Moments of Solitude and Peace
- ✓ Sisterhood and Bonding
- ✓ And More...

[www.rootedunlimited.org/healingonpurpose](http://www.rootedunlimited.org/healingonpurpose)



# HEALING ON PURPOSE RETREAT 2024

## PICK YOUR STAY

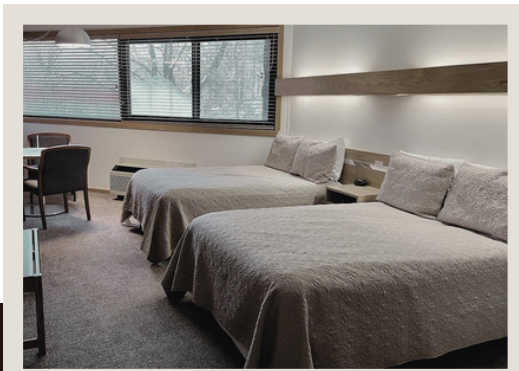
Each package comes with a swag bag, mat, t-shirt, and journal.

### SINGLE ROOM

Private room. All-Inclusive: four meals, snack service, and access to all amenities.



**500** / PER PERSON



### DOUBLE ROOM

Shared room. All-inclusive: four meals, snack service, and access to all amenities. Choose your roommate option.

**420** / PER PERSON

### DORM ROOM

Dorm-style living space. All-inclusive: four meals, snack service, and access to all amenities. Choose your dorm mates option.



**360** / PER PERSON

Amenities include a pool, whirlpool, sauna, game room, meditation room, hiking trails, labyrinth, patio fireplace, wi-fi, and more.



A person wearing a dark hat and a textured blanket is seen from the back, looking out over a vast, hazy landscape. The sky is filled with soft, golden light, suggesting a sunset or sunrise. The foreground shows some dry grass and the texture of the blanket.

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**I will bring health  
and healing to it; I  
will heal my people  
and will let them  
enjoy abundant  
peace and security.”**

-

Jeremiah 33:6



# WE WILL SEE YOU THERE!

Please register online by September 9th, 2024.

If you have any questions or concerns,  
please email us at [info@rootedunlimited.org](mailto:info@rootedunlimited.org).

We look forward to seeing you heal on purpose!

REGISTER AT:

[ROOTEDUNLIMITED.ORG/HEALINGONPURPOSE](https://rootedunlimited.org/healingonpurpose)