

**Q League Retreat Fall 2011**

**October 8, 2011 • Muir College: Mandeville Suite (Top Floor of Tioga Hall)**

<b>Time</b>	<b>Activity</b>
8:00 AM	Arrival and Breakfast <ul style="list-style-type: none"> <li>• Light community breakfast (potluck style)</li> <li>• Table topics</li> </ul>
9:00 AM	Introductions and Ground Rules
9:30 AM	Team builder/Energizer Tree and Squirrel game (Alina and Eliseo)
10:30 AM	Break
10:45 AM	Who are we and who do we want to be? <ul style="list-style-type: none"> <li>• Sharing org purposes</li> <li>• Charting</li> </ul>
11:30AM	Workshop (Funding an organization) –Claire
Noon	Lunch (on your own)
1:00pm	Team Builder: Tentative--Move your butt
1:30pm	Social Justice Activity: Building Common Ground
3:30pm	Quality Time/Long Break
4:00pm	Our stories/sharing stories
5:00pm	Workshop (Facilitation) <ul style="list-style-type: none"> <li>• Do's and Don't</li> <li>• Sharing out/stories</li> </ul>
6:00pm	Break (feel free to eat during next session)
6:15pm	Action Planning <ul style="list-style-type: none"> <li>• Small groups—Workshops that you want to present throughout the year</li> <li>• What do we want to do collaboratively?</li> <li>• What about the next Q league meeting? (Jan 21, 2012)</li> </ul>
7:15pm	Check out/Touch Someone Who
7:45pm	Clean-up <ul style="list-style-type: none"> <li>• Lock all doors</li> <li>• Turn off all lights</li> </ul>
8:00pm	Retreat ends

**Things to bring:**

- Paper, pens, markers, large post-its
- Comfy clothes
- Blankets and Folded Chairs (not enough chairs provided by Mandeville Suite)
- Snacks
- Breakfast foods
- Lunch/Dinner (on your own)

**Q League Retreat Winter 2012**

**January 21, 2012 • Muir College: Mandeville Suite (Top Floor of Tioga Hall)**

<b>Time</b>	<b>Activity</b>
8:00 AM	Arrival and Breakfast <ul style="list-style-type: none"> <li>• Light community breakfast (potluck style)</li> <li>• Table topics</li> </ul>
9:00 AM	Introductions and Ground Rules
9:30 AM	Team builder/Energizer Blanket Game
10:00 AM	Break
10:15 AM	Facilitation skill building (Shaun)
11:15AM	A.S. Funding (Lynne)
Noon	Lunch (on your own)
1:00pm	Team Builder: This or That or Move your Butt
1:30pm	Social Justice Activity: Crossing the Line 1:30-2:30pm Intersectionality activity Take breaks as needed
4:00pm	Self-care workshop (Serena) Activist burnout
5:00pm	Dinner
6:00pm	Action Planning <ul style="list-style-type: none"> <li>• Student orgs planning for the quarter and the year</li> <li>• Problem solving in organizations</li> <li>• Next retreat</li> </ul>
7:15pm	Clean Up <ul style="list-style-type: none"> <li>• Lock all doors</li> <li>• Turn off all lights</li> </ul>
7:30pm	Love Taps/Touch Someone Who
8:00pm	Retreat ends and GET OUT

**Things to bring:**

- Paper, pens, markers, large post-its
- Comfy clothes
- Blankets and Folded Chairs (not enough chairs provided by Mandeville Suite)
- Snacks
- Breakfast foods
- Lunch/Dinner (on your own)

**Q League Retreat Spring 2012**

**April 12, 2012 • LGBT Resource Center**

<b>Time</b>	<b>Activity</b>
8:00 AM	Arrival and Breakfast <ul style="list-style-type: none"> <li>• Light community breakfast (potluck style)</li> <li>• Table topics</li> </ul>
9:00 AM	Introductions and Ground Rules
9:15 AM	Team builder (Names and Decorate Affirmation bags)
9:30 AM	Breath work and resonance
9:40 AM	Partner Check-ins Pick one person and check-in, how are you feeling right now?
10:00AM	Break
10:15AM	Reflections on the year—My Story Timeline where you were and are now
12:00PM	LUNCH
1:00pm	Breath work Conflict Management Difference between dialogue and debate
2:00pm	Healing Circle/Fishbowl <ul style="list-style-type: none"> <li>• 4 people in the middle of the circle</li> <li>• Others listen</li> <li>• Talk to us about something that brings you joy</li> <li>• Talk to us about something that causes pain</li> <li>• Folks can tap in and out</li> </ul>
4:00pm	Break
4:30pm	<ul style="list-style-type: none"> <li>• Leadership transitions and next steps for next year</li> <li>• Where you all at right now?</li> <li>• What are your thoughts on leadership for next year?</li> <li>• Does our current structure serve our community?</li> <li>• Who are next years leaders? Who do we want? (Write them down)</li> <li>• What is our recruitment and retention plan?</li> </ul>
6:00pm	<ul style="list-style-type: none"> <li>• Evaluations and Clean Up</li> </ul>
6:20pm	Celebration! Cake time!
7:00PM	Retreat ends and GET OUT

**Things to bring:**

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- Comfy clothes
- Blankets and Folded Chairs (not enough chairs provided by Mandeville Suite)
- Snacks
- Breakfast foods
- Bags
- Lunch/Dinner (on your own)