

LAWYER LEADERSHIP RETREAT

Recharge, Reconnect, and Thrive

Earn 19 CLE Credits | Build Resilience | Redefine Success

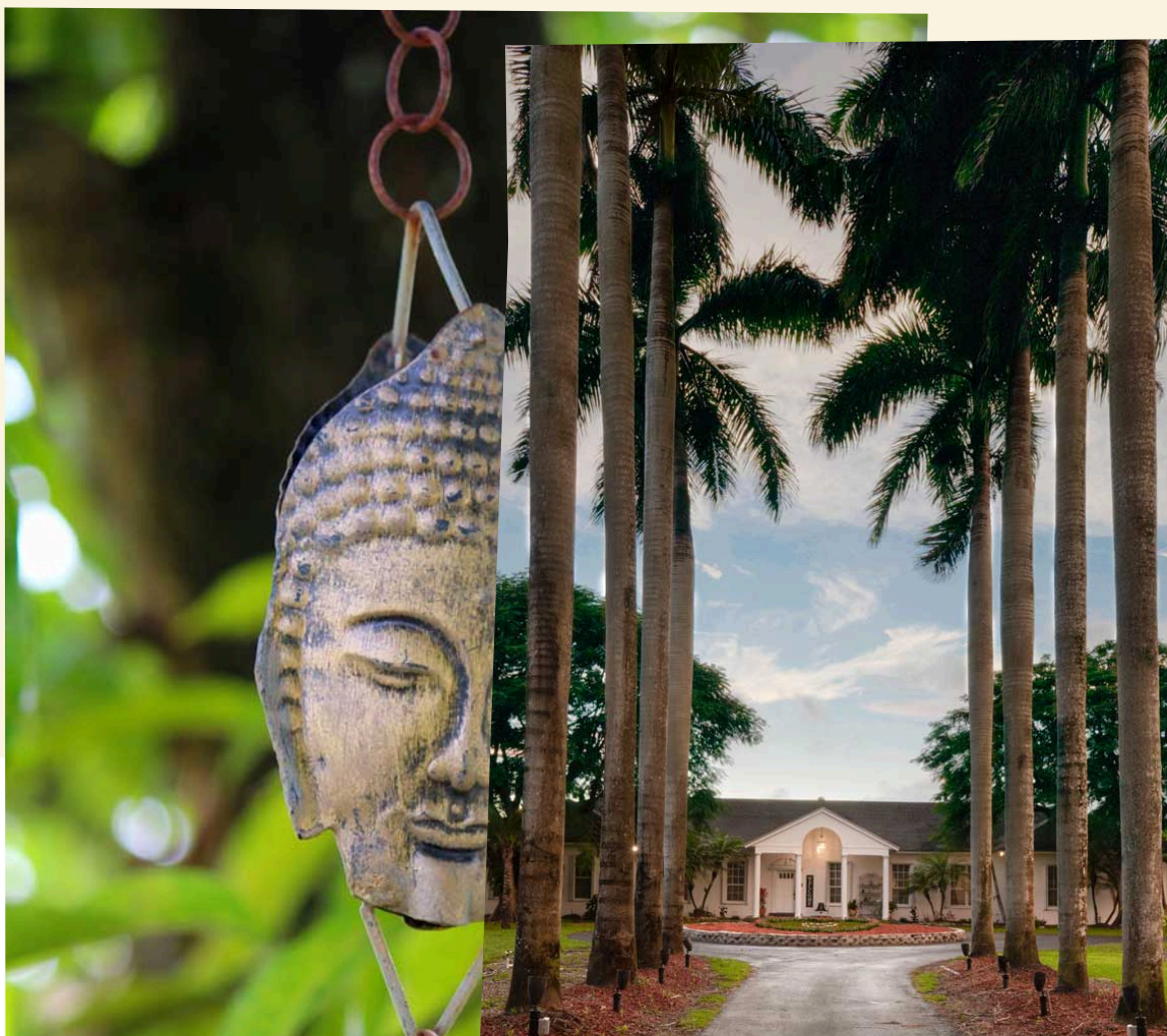
In-Person Retreat: April 4-5, 2025

Online Preparation: March 2025

Post-Retreat Online Integration: April 2025

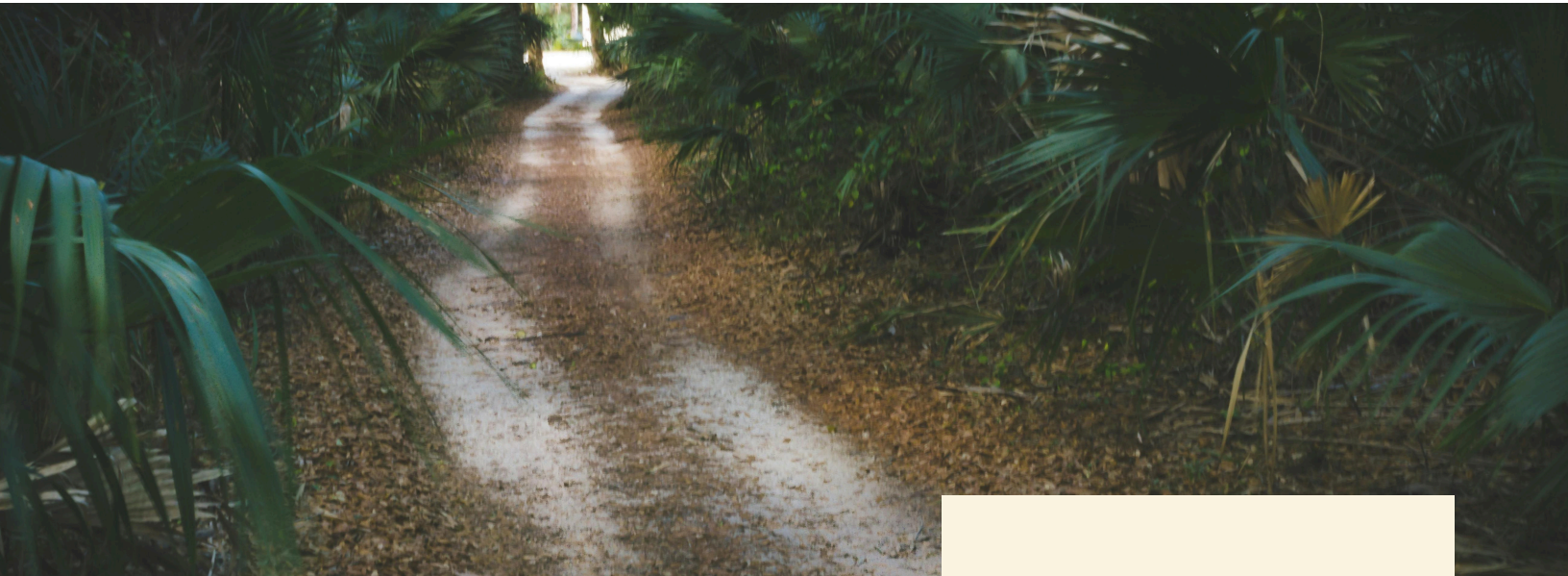
(Preparation and integration dates tailored to group availability)

Location: Tranquil Mango Farm, Homestead, Florida



Welcome

TO THE LAWYER LEADERSHIP RETREAT



This retreat offers a unique opportunity to pause, reflect, and redefine your career and well-being.

Join us for a transformative experience combining professional growth, inner work, and relaxation, tailored specifically for lawyers.

Over two days, you'll gain actionable tools to reduce stress, improve communication, and lead with more clarity—while earning 19 CLE credits approved by the Florida Bar (including 9.5 mental health and wellness credits).

*The demands of
the legal
profession are
relentless, but
burnout isn't
the only option.*

Why

CHOOSE THIS RETREAT



- **Designed for Lawyers:** Tackle the unique challenges of the legal profession—burnout, stress, and lack of balance.
- **Earn 19 CLE Credits:** Learn, grow, and fulfill your professional education requirements at the same time.
- **Proven Methods:** Explore Internal Family Systems (IFS), leadership coaching, breathwork, and movement for personal and professional transformation.
- **Personalized Experience:** A small group (14 participants) ensures tailored attention and meaningful connections.
- **Beautiful Setting:** Recharge in a serene 5-acre mango farm, complete with a heated saltwater pool, BBQ, and community connection by the fire.

WHAT YOU'LL GAIN

- **Stress Management:** Proven techniques to reduce stress and enhance resilience.
- **Improved Communication:** Tools for conscious communication to cultivate better relationships.
- **Leadership Skills:** Skills to lead with authenticity and purpose.
- **Work-Life Integration:** Strategies to balance personal and professional demands.
- **Renewed Purpose:** Reconnect with your values and align your actions for lasting fulfillment.

Activities

PROGRAM AGENDA



Online Preparation Sessions (March 2025 | 3 hours total)

- **Session 1:** Introduction & Setting Intentions (1.5 hours)
- **Session 2:** Intro to Conscious Communication & Habit Formation (1.5 hours)

In-Person Retreat (April 4-5, 2025 | 13 hours total)

Day 1

- **Morning:** Breathwork & Movement (1 hour)
- **Workshops:** Conscious Communication & Self-Awareness (3 hours)
- **Afternoon:** Reflection & Group Exercises (2 hours)

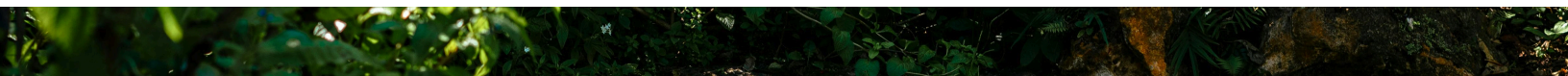
Day 2

- **Morning:** Breathwork & Movement (1 hour)
- **Workshops:** Regenerative Habits & Personal Growth (3 hours)
- **Afternoon:** Visioning & Practical Strategies (2-3 hours)
- **Optional Evening:** Closing Ritual for Extended Connection

Post-Retreat Integration (April 2025 | 3 hours total)

Session 1: Integration & Accountability (1.5 hours)

Session 2: Next Steps & Sustained Transformation (1.5 hours)



Join us

LOCATION AND ACCOMMODATIONS

5-Acre Mango Farm, Homestead, Florida

Reconnect with yourself in a tranquil tropical setting with a heated saltwater pool and serene spaces to relax. Accommodations include:

- 2 days and 2 nights in a shared room
- Healthy, homemade meals and snacks, including a BBQ feast.



INVESTMENT

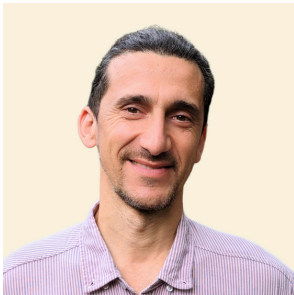
\$2,500 Investment Includes:

- 19 CLE Credits (Florida Bar Course #2412428N)
- 2 days and 2 nights shared accommodations
- Preparatory online group coaching sessions (3 hours)
- On-site workshops and coaching (13 hours)
- Post-retreat integration coaching sessions (3 hours)
- Daily breathwork and movement practices
- All meals, snacks, and program materials
- Optional closing ritual for deeper connection



hello@fino.website

Meet OUR TEAM



Dario Giuffrida:
Psychologist, IFS
Practitioner & Sumak
Kawsay Minister



Anna Milaeva:
Transformational IFS
Coach & Co-founder
of FINO



Kelly Fernandes:
Attorney & Advocate
for Legal Professionals'
Well-Being



Christian Oliveira:
Breathwork &
Movement Leader

The Lawyer Leadership Retreat is designed to inspire growth, bring clarity, and equip legal professionals with tools to thrive in their careers and personal lives. Through transformative practices and a supportive community, we aim to empower lawyers to lead with authenticity and balance, creating a ripple effect of positive change in their personal and professional lives.

Together, we can shape a future where lawyers are fulfilled and making an impact in their work and beyond. Join us in this journey to thrive and lead with purpose.

READY TO THRIVE?

[SCHEDULE A CALL](#)
OR EMAIL US



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