



Request for Employer Support

Cerno 1-Day Retreat

Cerno exists to create communities that aspire to Keep Climbing by challenging people to think and act differently, step out of their comfort zone and strive towards their potential! Cerno offers retreats, corporate programs, talent management services all centered around adventure-based experiential learning.

Get your Top Talent out of the office and help them discover their potential! Our 1-day retreats provide participants the chance to step away from distractions and the noise of everyday life so they can focus and dig-deep on one specific topic. Each retreat is a high-energy experience designed to equip participants with the knowledge and skills needed to achieve more in and out of work.

Who Do Participants Experience?

Participants in this 1-day experiential-learning retreat will experience a segment of Cerno's 12-mo Peak Program. They will...

- ✓ Enjoy fun, challenging activities with a group of supportive and inspiring peers
- ✓ Integrate fitness and adventure into their continued discovery and pursuit of their potential
- ✓ Feel appreciated and rewarded

... leave feeling refreshed, refueled and inspired to perform!

Who Should Attend?

Cerno's 1-day retreats are designed for Top Talent who are interested in growing their potential through personal and career development.

What Do Participants Learn?

Each 1-day retreat is centered on a topic and the learning objectives and challenges addressed are specific to that particular theme. For a complete list of the objectives for each 1-day retreat, please see the [event](#) page for that specific event.

Why Choose Cerno's 1-Day Retreat?

- 1-day experience optimizes the learning experience in the short time participants are out of the office.
- Learning components are derived from Cerno's core Performance Recognition Programs.
- Off-site fitness- and adventure-based learning experience helps participants think creatively and engage authentically.
- Opportunity to develop a peer-support network.
- Experiential learning allows for deeper and longer-lasting learning.

Details

Length:

6 hours off-site

Average class size:

24 participants

Location:

Charlotte, NC

Agenda:

Welcome + Unveiling

Move the Body (adventure activity)

Refresh (lunch)

Move the Mind (program)

Refuel + Ignite (relax and discuss)

Keep Climbing (apply to life and career)

Fee*:

\$249 per person or

\$199 per person for groups of 10 or more

*(fee includes: program, snacks, local adventure activity, time for connecting, and lunch)

Credit:

5 PDHs (Professional Development Hours)



“High performers need to get out of the office to think clearly about their goals and abilities, take time to understand their potential, and connect with others who have similar interests and drivers.”

– Michelle Aikman, Cerno Director of Adventure Learning

Register Now at

<http://gocerno.com/events>