

HOW Retreat Reflections: Inspiration for All of Us

Whether you joined us in person or followed along from afar, the spirit of this year's **HOW Retreat** is one we hope will ripple far beyond the weekend. Held in the scenic Delaware River Valley, the retreat brought together women from across Quorum to reflect, reconnect, and reignite their leadership journeys.

For those who were there, we hope you're still feeling the spark. And for those who weren't, we want to share some of the weekend's inspiration and offer ways for you to carry that energy into your own life and leadership.

As one attendee said, *"You've created a great opportunity for women to learn, laugh, and connect."* Another shared, *"I'm still basking in the bliss of a wonderful weekend."*

Retreat Highlights Included:

- **Friday Welcome Dinner** featuring wine and conversation with Christine Pucciarello, co-founder of [Three Hammers Winery](#), who shared her journey as a woman entrepreneur in the wine industry
- A weekend of reflection with **Dear Future Self** letters, led by **Liza Lentini**—a personal leadership exercise to envision what comes next
- A grounding **Yoga Nidra** session with **Natascha Demner** of [Reboot and Nourish](#)—a reminder to rest and restore
- Hands-on creativity with artist [Susan Weinthaler](#), who shared her journey and invited us to engage with her interactive art
- **Ten Biohacks for Health and Happiness** from [Dr. Karen Erickson](#)—simple tools to support resilience and well-being
- A joyful Saturday evening with **stand-up comedy by Liz Austin**, followed by **Bollywood dancing** that brought the house down
- A powerful closing session with **Greta Knutzen, Jean Kogut, and Mark Randall**, who challenged us to consider **how small, meaningful acts can transform our communities**

For Everyone in the Quorum Community:

Whether you were able to attend or not, the retreat was a reminder of the power of women coming together with purpose. We invite you to:

- Take a few moments to reflect: *What is your next step?*
- Reconnect with your purpose
- Reach out to others in our community
- Let your leadership ripple outward

Together, we are creating a community rooted in action, impact, and possibility. And we're just getting started.