

2026 Lead Well Retreat

Immerse & Recharge

November 5 – 6, 2026 | Confluence Hotel, Hastings, MN | whltrust.org



Be inspired over the course of 1.5 unforgettable days through immersion in engaging content, interactive sessions, and rejuvenating activities designed to help women health care leaders recharge, connect and lead more sustainably. Four dynamic speakers will explore identity, resilience, sustainable performance and authentic leadership.

Meet Our Speakers



Jasmine Brett Stringer, MAPP

CEO + Founder, Carpe Diem with Jasmine LLC

The Real Arc of Excellence: Sustaining Performance Through Pressure and Transition

Leveraging research-backed strategies, this session will inspire attendees to lead with authenticity, reconnect to purpose, and build sustainable success. A flourishing expert and “Possibility Whisperer,” Jasmine raises the bar on well-being through practical tools that lead participants to strengthen resilience, emotional agility, and leadership effectiveness.



Amelia Reigstad, Ph.D.

Founder, The Women Empowerment Series & The Women Collective

You Don't Need to be Perfect. You Need to be YOU!

Societal and self-induced pressure for women are sky-high. Dr. Amelia Reigstad, PhD, seeks to change the narrative for women in the workplace through her latest book Hello Ms. Perfect. With wry humor, participants will be guided on a journey to quiet our internal voice, celebrate living authentically and put perfectionism on the back burner.



Summer Miller, Ed.D.

Founder + Principal, SDM Integrative Consulting

The Great Untangling: Finding Identity in Being Rather Than Doing

This session is an exploration of performance-based identity: how it forms, what it costs us, and how to find something more enduring beneath the accomplishments. Participants will learn to identify the roots of performance-based identity, develop a grounded sense of self and apply an identity-secure leadership approach.



Meghan Miller, PsyD, LP

Founder, The Forward Collective

Staying Steady in High Pressure Roles

High-pressure roles demand sustained performance, clear decision-making, and emotional composure, often with little room to acknowledge the toll it takes. Attendees will walk away with a practical framework for recognizing when pressure is shifting from productive to depleting, regulating their nervous system in real time and building sustainable habits.

Additional Activities



Providing Pathways to End Youth Homelessness
Service Project



Code Lavender
Mini-Sessions



Wisdom-Café
Networking



Candlelight Yoga &
Morning Movement

Register at whltrust.org

Registration, pricing and lodging details are available online.

Questions?

info@whltrust.org

Retreat Agenda

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Day One: Thursday, November 5

8:00 – 8:45 am	Breakfast & Registration
8:45 – 9:00 am	Welcome & Event Kick-Off
9:00 – 10:30 am	The Real Arc of Excellence: Sustaining Performance Through Pressure and Transition Jasmine Brett Stringer, MAPP, Carpe Diem with Jasmine LLC
10:30 – 10:45 am	Break
10:45 – 11:45 am	Wisdom-Café Networking Activity
11:45 am – 12:00 pm	Code Lavender Introduction
12:00 – 6:00 pm	Code Lavender mini-sessions (running in parallel with afternoon programming)
12:00 – 1:00 pm	Lunch
1:00 – 2:00 pm	You Don't Need to be Perfect. You Need to be YOU! Amelia Reigstad, Ph.D., The Women Empowerment Series & The Women Collective
2:00 – 3:00 pm	Break / Hotel Check-In
3:00 – 4:30 pm	HOPE 4 Youth Service Project
4:30 – 6:00 pm	Happy Hour
6:00 – 7:30 pm	Dinner
7:30 – 7:45 pm	Break
7:45 – 8:30 pm	Candlelight Yoga (optional)

Day Two: Friday, November 6

6:30 – 7:00 am	Morning Movement (optional)
8:00 – 8:45 am	Breakfast & Networking
8:45 – 9:00 am	Welcome
9:00 – 10:00 am	The Great Untangling: Finding Identity in Being Rather Than Doing Summer Miller, Ed.D., SDM Integrative Consulting
10:00 – 10:15 am	Break / Hotel Check-Out
10:15 – 11:15 am	Staying Steady in High Pressure Roles Meghan Miller, PsyD, LP, The Forward Collective
11:15 – 11:30 am	Thank You / Closing

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Questions?

Contact TRUST Administration: info@whltrust.org