

2014 Oregon Coast Retreat

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Friday was a beautiful day to drive to the coast! I got there in the late afternoon and went to the hospitality house. The Portland chapter did an excellent job making everyone feel at home and we got to network and re-acquaint with members from throughout our region. We had 2 members from Spokane, 1 from Puget Sound and 4 from the South Sound Chapters included with our Portland and Salem members. We also had three guests from the Portland area attend!

Saturday was another story with the weather...pouring rain and high winds all day and evening! (Your typical Oregon coast weather! ☺) We all gathered in another Hallmark Inn building where we started off the day with NAWIC People BINGO! This was presented by the Eugene Chapter (me), it was a good ice breaker and we got to know a little more about everyone in attendance. Before and after lunch, our main presenter was Elena Capatina who is a certified Heart Intelligence Coach and Art of Feminine Presence teacher. She guided us through activities to help us discover our passions in life and establish healthy boundaries.

After the 2nd part of Elena's workshop Salem Chapter guided us through a teambuilding session where we had to work as groups together to finish a project...blindfolded! It was very fun for all.

Most of us gathered for a great dinner that night, and it's always a good time with your NAWIC sisters! The next morning it even cleared enough to take a quick walk on the beach before heading home.

I so wished more of our members could have attended, these events are where you really get to meet and know members of other chapters who work for the companies you do business with in our local areas!

It was a great weekend and I was proud to represent our chapter!