

## Retreat Description

*Thinking about advancing your sign language skills?*

*What are the areas you would like to work on in order to become a more effective signer and communicator?*

*Do you have the desire to move up to the next signing level?*

*Want to know what are your life abilities and assets?*

This retreat is for you! The retreat is a totally immersed signed environment, filled with interactive activities in the tranquil West Virginia mountains. Along this self-discovery journey, we will explore our untapped assets and abilities to advance our signing skills and understanding ourselves and others. Discussion topics will be about the self, life values, assets, abilities and cultural perspectives. You will have the opportunity to discuss, share and reflect your thoughts about your life journey and self-discoveries.

You will learn more about your Vygotskian self, interpersonal relations and communication. You will create a new path for your personal growth, specifically in the areas of language and life. You will return home with a new level of understanding and awareness, and an action plan for advancement.

Two certified Deaf leaders will provide you navigation gear for your journey to explore your cultural self, interpersonal abilities and language skills through indoor and outdoor activities. To advance your growth, language mentoring and life coach sessions are included.

Language mentoring is a self-exploratory process of making discoveries about your language abilities. Included are identification and recognition of your strengths and the enhancement of areas to minimize stumbling blocks of language and usage, resulting in better performance in communications.

Life coaching is a person-centered and action-reflective process; a partnership designed to explore and enhance your ability to focus and make effective changes to achieve desired goals to maximize success and fulfillment in your life. You will become resourceful to move forward with an action plan and fresh personal perspectives.

This retreat is for signers only. All signers, including sign language students, interpreter students, interpreters, family members, members of the Deaf community and professionals who work with Deaf people are welcome.

**Questions?** Carole: [aslnavigator@gmail.com](mailto:aslnavigator@gmail.com)  
Deborah: [deborah@crossroadsolutionscoach.com](mailto:deborah@crossroadsolutionscoach.com)

**Visit:** [www.crossroadsolutionscoach.com](http://www.crossroadsolutionscoach.com)  
[www.aslnavigator.com](http://www.aslnavigator.com)  
Kaysar Ridge: [www.xperienceit.com](http://www.xperienceit.com)

## Language & Life Enhancement Retreat

~ Walking off the Beaten Path ~

All Signers are Welcome

Friday, April 23 – Sunday, April 25, 2010

Retreat includes: Two nights luxury lodging, six tasty organic meals, fabulous panoramic views, outdoor activities, language mentoring and life coaching sessions.

Space is limited to 12 participants.  
Special rate is \$450.00.

1.2 CEU RID and Gallaudet University professional (12 hours) credits will be offered to those who are interested in obtaining credits.

For example, CEUs for sign language interpreters. Certificate of Professional Studies for state certified employees and Certification of Attendance for ASLTA sign language teachers.

Retreat Schedule: Friday, April 23 – Sunday, April 25, 2010

Friday, April 23

2:00 PM Afternoon Arrival  
4:00 PM-6:00 PM Session starts at 4 PM sharp  
6:00 PM-6:30 PM Free Time  
6:30 PM-7:30 PM Dinner Activity  
7:30 PM-9:30 PM Navigation Session  
9:30 PM-10:30 PM Nature Activity

Saturday, April 24

7:30 AM-8:00 AM Morning Walk Activity  
8:00 AM-9:00 AM Reflective Breakfast  
9:00 AM-12 PM Navigation Session  
12:00 PM-12:30 PM Free Time  
12:30 PM-1:30 PM Lunch  
1:30 PM-3:30 PM Navigation Session  
3:30 PM-6:30 PM Group Sessions  
6:30 PM-7:00 PM Free Time  
7:00 PM-8:00 PM Dinner  
8:00 PM-9:00 PM Navigation Activity  
9:00 PM-11:00 PM Individual Sessions

Sunday, April 25

7:30 AM-8:00 AM Morning Walk Activity  
8:00 AM-9:00 AM Reflective Breakfast  
8:30 AM-9:30 AM Individual Sessions  
9:30 AM-12:30 PM Navigation Session  
12:30 PM-1:30 PM Lunch  
1:30 PM-2:00 PM Closing Session

Registration Deadline is March 20, 2010

## Retreat Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Fax: \_\_\_\_\_

(Check as many as applies to you.)

I am: \_\_\_a signer \_\_\_an interpreter \_\_\_a professional  
\_\_\_an interpreter student \_\_\_a family member \_\_\_deaf  
\_\_\_hard of hearing \_\_\_other (\_\_\_\_\_)

\$450-includes organic meals, accommodations, queen bed, language and coaching sessions.

All organic meals: \_\_\_Vegetarian \_\_\_Fish \_\_\_Chicken

Diet restrictions: \_\_\_\_\_

Retreat shuttle transportation from Dulles Airport only:

\_\_\_\$75 roundtrip (limited seating).

Pickup time: Friday, April 23 at 12 Noon

Plan your flight after 6 PM Sunday.

Interested in: \_\_\_RID CEUs \_\_\_Language \_\_\_Professional

Accommodation Needs: \_\_\_\_\_

For more information, questions and cancellation policy, contact Deborah Mayer: [deborah@crossroadsolutionscoach.com](mailto:deborah@crossroadsolutionscoach.com)

For more information about beds, rooms and drive directions: [www.xperienceit.com/retreat.html](http://www.xperienceit.com/retreat.html)

Make check payable to: Crossroad Solutions Coach, LLC  
Mail form and check to: Crossroad Solutions Coach, LLC  
12 Wedgewood Lane  
St. Louis, MO 63141

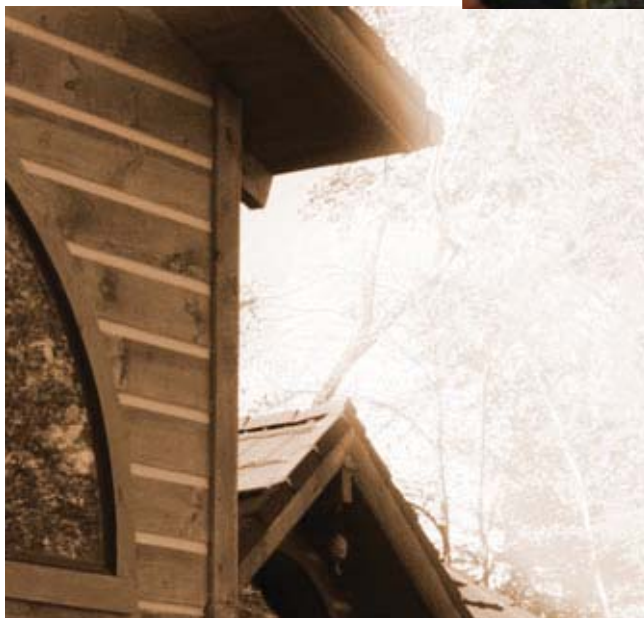
You will get a confirmation letter by e-mail.

Registration Deadline is Saturday, March 20, 2010.

Come to Kayser Ridge on a spectacular mountaintop in Berkeley Springs, WV



# Language & Life Enhancement Retreat



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Friday, April 23  
to  
Sunday, April 25  
2010

Kayser Ridge  
Berkeley Springs, WV



~Walking off the Beaten Path~

All Signers are Welcome

At Kayser Ridge  
on a spectacular mountaintop!  
Berkeley Springs, West Virginia

Friday, April 23 – Sunday, April 25, 2010

This retreat is about you!

Let us come together and navigate our way through the connections of language, culture and communication as how they impact on the signer. You leave with a rich understanding of perspectives, enhanced language skills and a new discovery of you.

Deaf Retreat Facilitators:

Deborah S. Mayer, Life Coach

Carole Lazorisak, Sign Language/Interpreter  
Master Mentor



Sponsored by Missouri Commission for the Deaf, an RID CMP-approved sponsor for continuing education activities.



1.2 CEU RID and Professional (12 hours) credits, Certificate of Attendance and Certificate of Professional Studies provided by Gallaudet University.

