



**CATALYST
MEADOWS
ADVISORS**

EXECUTIVE WELLNESS RETREAT

A Sacred Pause for the Women
Who Carry the Weight

RETREAT DATES:

May 23-29, 2027

LOCATION:

San San, Jamaica



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ABOUT BRANDI HOWARD

FOUNDER & CEO, CATALYST MEADOWS ADVISORS

Brandi Howard has led at the highest levels of philanthropy and public health. As President & CEO of East Bay Community Foundation, she oversaw \$689M in assets and deployed \$117M+ annually. She successfully grew revenue, drove strategy, and expanded community health and impact.

Additionally, her roots as a doula, social worker, and wellness practitioner shape how she leads: with care for people and a focus on results that hold at scale.

She has held the seat. She knows what it demands.

President & CEO

EAST BAY COMMUNITY FOUNDATION

Chief of Staff to CEO

THE SAN FRANCISCO FOUNDATION

Place-Based Health Equity Leader

NYC DEPT. OF HEALTH & MENTAL HYGIENE

WWW.CATALYSTMEADOWS.COM

WHY THIS, WHY NOW?

BLACK WOMEN EXECUTIVES REPORT THE HIGHEST RATES OF BURNOUT, ISOLATION, AND “INVISIBLE LABOR” IN THE SOCIAL SECTOR.

The cost of being the one who holds it all is rarely named — and almost never restored. Few professional development are designed with us in mind.

Catalyst Meadows Executive Wellness Retreats are built for Black women in philanthropy and mission-driven leadership who have been pouring from a deep well for years, and who deserve a sacred space to be poured back into. This is not a wellness add-on. It is an essential leadership practice.

WHO WE SERVE

**Foundation Presidents,
CEOs & Senior VPs**

**Nonprofit CEOs &
Executive Directors**

**Founders & Mission-Driven
Company Leaders**

THREE MAIN PILLARS

Ancestral

Rooted in lineage, guided by elders. Practices drawn from African and African Diasporic traditions,

Somatic

Restored in the body, not just the mind. Breathwork, gentle movement, embodied practice, and nervous-system regulation. Strategy comes after the body remembers it is safe.

Contemplative

Quiet enough to hear your own voice again. Meditation, journaling, silent meals, and the kind of unstructured spaciousness that makes room for the questions you've been too busy to ask.

RETREAT LOCATION

Villa - Well Bay

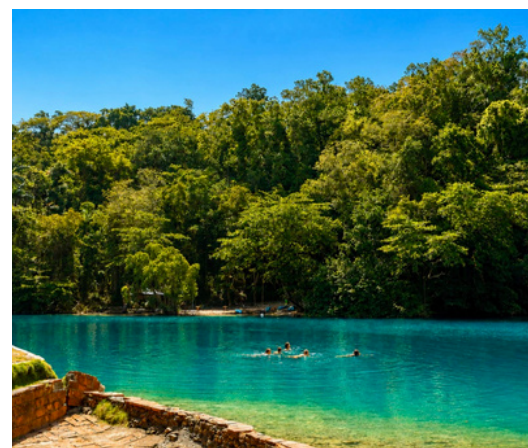
Well Bay is brand new full-service luxury estate in one of Jamaica most exclusive communities. Wake up to the sound of the Caribbean Sea and stunning sea views from every room. Three beaches within half a mile. Privacy, exceptional service, comfort and the natural beauty of Jamaica come together seamlessly.

The estate is fully staffed with a professional four person team (including a private chef) committed to ensuring that every aspect of your stay is effortless.

Town - San San, Jamaica

San San is a lush, upscale, and quiet coastal community known for secluded beaches, luxury villas, and dramatic rainforest views. This parish is known for being an intensely lush, dense, and vibrant tropical rainforest environment where the canopy literally grows over the edge of the coastal cliffs and right down onto the sand.

Unlike the flat, manicured resort landscapes of Montego Bay or Negril, San San's geography is dramatic, characterized by rolling limestone hills dropping steeply into brilliant turquoise waters.





RETREAT SCHEDULE

A DAY-BY-DAY ARC DESIGNED FOR REAL RESTORATION.

DAY 1

ARRIVAL & RELEASE

SATURDAY, MAY 23, 2027

- Guest arrivals & transfers
- Settle in
- Welcome
- Break
- Welcome dinner
- Rest & decompress
- Evening reflection circle

DAY 2

LAYING THE ROOTS

SUNDAY, MAY 24, 2027

- Morning Sacred movement
- Breakfast/hotel check-out (store bags at hotel and explore Kingston)
- Excursion / cultural site visit
- Lunch (1 hour)
- Travel/transfer block to San San
- Arrival & settle in
- Dinner
- Evening reflection circle

DAY 3

HONORING & INTENTION

MONDAY, MAY 25, 2027

- Morning movement & somatic practice
- Breakfast
- Honor circle/Alter building
- Journaling/introspection
- Lunch (1 hour)
- Free time (2 hours)
- Somatic Mapping
- Reflection time
- Dinner
- Evening reflection circle

DAY 4

RITUAL, FREEDOM & COMMUNITY — MAROON DAY

TUESDAY, MAY 26, 2027

- Sacred body movement
- Breakfast
- Excursion to Maroon Community
- Dinner
- Evening reflection circle



DAY 5

QUIET INSIGHT

WEDNESDAY, MAY 27, 2027

- Silent morning (movement + breakfast)
- Somatic practice (silent)
- Contemplative practice
- Lunch (1 hour) – Silence breaks (first conversation of the day)
- Integration/writing practice
- Peer reflection circle
- Free time (2 hours)
- Dinner
- Evening reflection circle

DAY 6

REST & RELEASE

THURSDAY, MAY 28, 2027

- Sacred movement
- Breakfast
- Beach time
- Closing dinner & dance/body movement
- Evening reflection circle

DAY 7

RENEWED RETURN

FRIDAY, MAY 29, 2027

- Final morning movement
- Breakfast
- Release and declaration ceremony
- Lunch
- Send-off & Departures

RETREAT COSTS & REGISTRATION

RETREAT COST PER PERSON

\$6,500

Included Amenities

- Single Deluxe-occupancy room with on-suite bathroom in a private villa
- Private transportation in-country
- All site entry fees to beaches, waterfalls, maroon community
- Three meals per day cooked by a local private chef and restaurants
- One-hour Jamaican coconut oil massage at our private villa
- Cleansing Ritual in the River with Renowned Maroon Leader
- One-hour private session with Brandi Howard
- Executive Retreat content led by Brandi Howard
- 2 post-retreat coaching sessions with Brandi Howard

Not Included

- Flights to and from the USA
- Any alcohol or additional meals
- Any activities not listed on the itinerary

Payment Plan

1. Participants are required to register and pay a \$500 non-refundable deposit per person by January 10, 2027.
2. **Register and Make All Payments Here**
3. The balance and total due is required by April 23, 2027.

REGISTRATION & CONTACT

tours@global-academics.org

www.global-academics.org

510-649-5664





GLOBAL ACADEMICS

DR. SIRI BROWN, PH.D., CEO AND FOUNDER

For Questions Please Contact Dr. Siri Brown at tours@global-academics.org or (510) 649-5664



Global Academics is owned and operated by Dr. Siri Brown, a long-time educator in the Bay Area. Dr. Siri Brown is a two-time Fulbright scholar for abroad projects in both Brazil (2012) and South Africa (2019). The mission of Global Academics is to provide the most in-depth cultural immersion tour related services to fulfill your organizations objectives in adding Black World travel to your community work. The most unique aspect of our service is that we have years of experience in the countries and local communities you will visit. This depth of experience has resulted in relationships with internationally known Black artists, academics, intellectuals, and community leaders who you will meet, learn from, and enjoy during your time abroad with Global Academics.

Dr. Brown has over 20 years of teaching experience as a tenured faculty member in African American Studies at Merritt College, and part time in Ethnic Studies at UC Berkeley. She recently served as the Vice Chancellor of Academic Affairs & Student Support Services at Peralta Community College District and was the chair of the Ethnic Studies & Social Sciences department for over 10 years. Dr. Brown holds an M.A. in African American Studies and a Ph.D. in U.S. History with an emphasis in Early American, African American, and U.S. Women's History from The Ohio State University.