



WELCOME

We're so excited you're here!

Over the next few days, we hope you'll find the perfect balance of **Business & Bliss**.

Time to connect, reflect, recharge, and work *on* your business, while also taking a well-deserved moment for yourself.

There are no expectations this weekend. Use this time in whatever way serves you best.

Please wear your official lanyard to all retreat events

(because, as the saying goes, *"If it's not on, it's not on!"*)

Share your Business & Bliss moments with us

If you snap a photo, have an "aha" moment, or simply want to share the experience, we'd love you to tag us.

Facebook - @tammystablecommunity

Instagram - @tammystable_bizsupport

There is no right or wrong way to retreat.

Make this weekend your own.



THE AGENDA

Friday – Arrive & Exhale

10.00am – 4.00pm | Co-Working or Time for You *(River Room)*

We've reserved the River Room for anyone who'd like to arrive early. Pop in and out throughout the day as you please.

Use the space to work on your business, catch up on a few things, or simply enjoy some time for yourself. There is no right way to spend this time.

Headshots

If you've pre-booked a headshot with Rachel from Little Oak Studio, please make your way to the River Room at your allocated time.

2.00pm onwards | Check-In Opens

Settle into your room, unpack, and take a deep breath. Your Business & Bliss weekend has officially begun.

6.00pm – 6.45pm | Welcome Drinks & Connection

Join your fellow retreaters in the River Room as we ease into the weekend together with a welcome drink, relaxed conversation and a little fun.

Your first drink is on us! 🍹

7.00pm | Dinner & Conversations

Join us for dinner at the Bridgeport Hotel *(optional, at your own cost)*.

Relax, laugh, connect with others... or simply enjoy a quiet evening if that's what you need.



Saturday – Better Businesses. Together.

8.00am – 8.45am | Buffet Breakfast

Join us for breakfast at the Bridgeport Hotel (optional, at your own cost) or start your day your way.

9.00am sharp | Official Welcome (*Charles Sturt Room*)

A lightly structured, fully catered session designed to help you make the most of your weekend.

Whether you're here to tackle a project, map out a new idea, connect with others, or simply create space to think, make the day your own.

9.15am | Blissful Mindfulness

Guided by Ali from O2 Wellness.

9.40am | Better Businesses. Together. Session

We'll begin by setting our intentions in small groups and settle into focused time to work on our businesses. We'll pause throughout the day for progress check-ins, refreshments, and connection.

10.30am | Morning Tea

Take a break, grab a cuppa, and recharge before continuing.

11.45am | Progress Check-In

Reconnect with your group and share how you're tracking.

12.00pm | Catered Lunch (*River Room*)

Enjoy lunch, connect with others, or take a quiet moment to recharge.

12.30pm | Blissful Self-Care

Guided by Jude from Back to Beauty.

12:45pm | Better Businesses. Together. Session Continues

2.00pm | Afternoon Tea

Take a break, grab a cuppa, and recharge before continuing.

3.45pm | Sharing Our Wins

Share your progress with your table, no matter how big or small.

4.00pm | Formal Wrap-Up

Saturday – Movement & Connection

6.30pm | Meet in the Foyer

Join us for a leisurely walk to dinner together (optional).

7.00pm | Dinner & Conversations

Join us at the 1924 Riverfront Steakhouse (optional, at your own cost) to relax, connect, and enjoy a meal together.



Sunday – Take it Slow

8.00am onwards | Buffet Breakfast

Join us for breakfast at the Bridgeport Hotel (optional, at your own cost).

A relaxed and informal farewell. Drop in whenever suits you, enjoy a leisurely breakfast, and soak up a few final moments together.

10.00am | Check Out

Say goodbye to your room... but you don't have to rush off just yet.

10.00am onwards | Stay a Little Longer

We've reserved some high tables in the hotel foyer if you'd like to finish a task, enjoy a cuppa, or share one last chat before heading home.

Depart at your leisure

Thank you for being part of Business & Bliss.

Travel home safely, and we hope you leave feeling calmer, clearer, and more connected... to yourself, your business, and our community.

Made possible with the support of our Major Sponsors



And to our incredible Business & Bliss Retreat Committee, thank you for your time, creativity and generosity in helping create such a special weekend.

We couldn't have done it without you. ❤️