



The Audacity Lab: Awaken, Align, Ascend

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Women's One-Day Retreat

Saturday, October 4, 2025 | 9:30 AM–7:30 PM | Riverdale, MD

RETREAT SCHEDULE

9:00 AM – 9:30 AM

Arrival & Registration

Check-in, light refreshments, set intentions

9:30 AM – 9:45 AM (15 minutes)

Opening

Welcome and Overview

Introduction to the Audacity Lab framework: *Awaken, Align, Ascend*.

9:45 AM – 11:45 AM (120 minutes)

Session 1 – AWAKEN: Shedding Limitations

Interactive lecture: Transformative concepts to master and utilize in daily living.

Identifying internalized narratives, blocks, barriers, and fear-based patterns.

Strategic Assignment: Discover, Release, + Reframe.

11:45 AM – 12:00 PM (15 minutes)

Break #1 light refreshments

12:00 PM – 2:00 PM (120 minutes)

Session 2 – ALIGN: Rooted in Values and Vision

Interactive lecture: Core values, vision mapping, and authenticity.

Reflective Imagery-Based Exercise: “Your Audacious Future”

Strategic Assignment: Value + Vision Alignment Plan

2:00 PM – 3:30 PM (90 minutes)

Meal Break

Attendees are welcome to explore nearby dining options at their own expense.

3:30 PM – 5:30 PM (120 minutes)

Session 3 – ASCEND: Activate Bold Leadership, Purpose, + Fulfillment

Experiential group process on courage, power, and unapologetic voice.

Group Dialogue: Redefining + Elevating the SELF

Assignment: “My Audacity Blueprint” – a personalized action strategy



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5:30 PM – 5:45 PM (15 minutes)

Break #2 light refreshments

5:45 PM – 7:00 PM (75 minutes)

Session 4 – Embodied Transformation

Mind-Body Integration Practice: Breath, movement, and embodiment of your new chapter.

Integration Circle: Claiming your voice, values, and vision.

Creative Reflection: “Letter to My Becoming”

7:00 PM - 7:30 PM (30 minutes)

Closing Ceremony

Audacity Statements

Closing Affirmations

Acknowledgements