

## Frequently Asked Questions

### Why should I attend?

There are two ways to heal. You can attempt it on your own or you can choose to be part of a supportive, caring, and knowledgeable community – one committed to your success. Healing occurs faster and is more sustainable when you commit to being part of something larger than yourself.

### How much does it cost?

The cost of the retreat, which includes all session materials and delicious catered meals, is \$1,625. To register, call Jan Moorad at (858) 926-8011 or email her at [jan@jljexecutivecoach.com](mailto:jan@jljexecutivecoach.com).

### Where does the retreat take place?

The Retreat for Women Healing from a Relationship with a Narcissist is being held at a well-appointed, comfortable, and spacious home in a gated community in Newport Beach, California.

### Who else is attending?

The retreat will be limited to eight (8) women. Confidentiality, authenticity, and a desire to heal and grow are key qualities for each of the women participating in the retreat.

### What's the recommended dress code?

Very casual – workout attire, jeans, flip-flops, or whatever makes you comfortable and unencumbered.

## Ready to Move Forward? We're Here to Help!

### Registration and Additional Details

Registration for Moving Forward: The Retreat for Women Healing from a Relationship with a Narcissist is now open. Spots are limited so please reserve yours now!

### For More Information or to Register

Call, text, or email Jan Moorad  
(858) 926-8011  
[Jan@JLJExecutiveCoach.com](mailto:Jan@JLJExecutiveCoach.com)

### Cost of the 2-Day Retreat

\$1,625 (includes all retreat materials and delicious catered meals)  
Deposit: \$500 (nonrefundable)  
Please contact Jan Moorad to make payment arrangements

### Accommodations

Let Jan know of your interest in connecting with other participants about sharing an Air BnB. If Air BnB isn't your style, consider booking a room at the Newport Beach Marriott Hotel & Spa [4 min. drive] or Fashion Island Hotel [5 min. drive].



JLJ AND ASSOCIATES PRESENTS

## Moving Forward: The Retreat for Women Healing from a Relationship with a Narcissist

February 7-9, 2020  
Newport Beach, California

PRODUCED BY

  
JLJ AND ASSOCIATES

# You're Invited

Being in a relationship with a narcissist comes with a rollercoaster of emotions – not the least of which are hurt feelings, frustration, disbelief, and even questioning your own sanity.

Nothing the narcissist says or does is consistent. They are caring and charming one moment, devaluing and spiteful the next. They will express one thing, and then do another. When you confront them with these discrepancies, they blame you, claiming you are the crazy one. And at times, we begin to believe them.

## ■ Let's Refocus — on You!

Recuperating from a narcissistic relationship is a complex proposal, usually taking much longer to resolve than ending a so-called "normal relationship." After walking on eggshells for years, it takes time for your system to normalize, to regain your psychological and bodily strength, and to rebuild your self-worth and a sense of who you are.

This retreat for women who are healing from being in a relationship with a narcissist supports you on your path of understanding what you've experienced, how to truly let go and move beyond your anguish, and then ultimately rebuild your life to become an even stronger and more resilient version of who you were intended to be.



## Moving Forward:

The Retreat for Women Healing  
from a Relationship with a Narcissist  
NEWPORT BEACH | CALIFORNIA

### AGENDA

(subject to change)

#### FRIDAY, FEB. 7, 2020

- 5:30 p.m.: Meet & Greet
- 6:15 p.m.: Dinner
- 7:45 p.m.: Orientation and Ice Breakers

#### SATURDAY, FEB. 8, 2020

- 8:30 a.m.: Breakfast
- 9:30 a.m.: Day Two Icebreaker
- 10:00 a.m.: Relationship Storytelling
- 11:00 a.m.: Break
- 11:15 a.m.: Session I – Introduction to Psychodrama (Jean Campbell)
- 1:00 p.m.: Lunch
- 2:00 p.m.: Session II – Narcissistic Personality Disorder in a Nutshell (Jan Moorad)
- 3:00 p.m.: Break
- 3:15 p.m.: Session III – Sociometry & Psychodrama (Jean and Jan)
- 5:30 p.m.: Day Two wrap-up
- 6:30 p.m.: Dinner

#### SUNDAY, FEB. 9, 2020

- 8:30 a.m.: Breakfast
- 9:30 a.m.: Day Three Icebreaker
- 10:00 a.m.: Reflections
- 10:45 a.m.: Break
- 11:00 a.m.: Session IV – Grief and Loss (Jan)
- 11:45 a.m.: Session V – Sociometry / Psychodrama (Jean and Jan)
- 1:00 p.m.: Lunch
- 2:15 p.m.: Session VI – What's Next? (Jan and Jean)
- 3:30 p.m.: Retreat wrap-up

## Meet Your Presenters

**Jean Campbell, LCSW, CPC, CIPP, TEP** is among the world's leading experts in psychodrama, trauma resolution, codependency recovery, and somatic psychotherapy. Founder of the Action Institute of California, Jean is highly sought after for her psychodrama training and personal growth and development workshops. Based in Costa Mesa, Calif., Jean is renowned for her commitment to using action to effect change on a body, mind and spiritual level.



**Jan Moorad** is an executive coach dedicated to inspiring and empowering clients to achieve their pinnacle of personal and professional fulfillment through balanced growth. Jan's approach is rooted in the Townsend Leadership Group's Competence Plus Character growth model and her conviction that Learning + Action = Change. While nurturing a relationship of mutual trust, Jan collaborates closely with clients to assess their opportunities, strengths, and challenges; set attainable goals and objectives; and establish development and accountability plans for optimal results.

*Confidentiality Notice: Please note – All attendees, upon registration for the retreat, will be required to sign a Confidentiality and Non-Disclosure Agreement covering all aspects of participating in this unique retreat.*