

SLUMBER & STRATEGY



2025

Manager's Retreat

BUILDING DREAMS TOGETHER!

October 9-10, 2025

Shocco Springs Conference Center
Talladega, Al

\$125.00 Per Person (Double Room)
\$175.00 per person (Single Room)

SCAN TO
REGISTER



Be sure to
eat before
arriving on
Thursday!

SCHEDULE AT A GLANCE

DAY 1: THURSDAY, OCTOBER 9

11:00 AM - 12:45 PM
REGISTRATION & ROOM CHECK-IN

1:00 PM
WELCOME & OPENING REMARKS

1:15 PM - 2:15 PM
EDUCATION SESSION 1 CEU

2:15 PM - 3:15 PM
EDUCATION SESSION 1 CEU

BREAK: 3:15 PM - 3:30 PM

3:30 - 5:00 PM
EDUCATION SESSION 1.5 CEU

5:30PM - 6:30 PM
DINNER

7:00 PM - 8:00 PM
INNOVATION NETWORKING SESSION 1 CEU

Join school nutrition managers from across Alabama for a powerful retreat focused on leadership, innovation and navigating change. Through interactive sessions, peer-led panels, and creative strategy-sharing activities, you'll gain fresh ideas, practical tools, and renewed energy to lead your cafeteria teams with confidence. Let's work together to build a stronger future—one meal, one manager, one bold idea at a time!

DAY 2: FRIDAY, OCTOBER 10

7:00
BREAKFAST

7:30 AM - 7:45 AM
GROUP PICTURE

8:00 AM - 9:00 AM
EDUCATION SESSION 1 CEU

9:10 AM - 10:10
EDUCATION SESSION 1 CEU

10:20 AM - 11:50 AM
EDUCATION SESSION 1.5 CEU

11:50-NOON
CLOSING REMARKS/DISMISSAL
(BAG LUNCH SERVED)

TOTAL CEUS: 8 HOURS

Retreat Topics

- Leading Through the Unknown
- Change Management
- Scratch Cooking
- Innovation & Vision Building
- Mental Wellness
- Team Collaboration
- Stress Management
- Trailblazer Mindsets
- Work-Life Balance
- Creative Problem Solving