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# ***F & L*** ***CONNECTION*** ***RETREAT***

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JANUARY • 16-19 • 2026

THE MANSION AT NOBLE LANE


POCONOS, PA



# OVERVIEW

## AN UNFORGETTABLE CONNECTION EXPERIENCE

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 The Founders & Leaders Connection Retreat

January 2026 | Hosted by LaKisha Greenwade, “Coach L” of Lucki Fit

The Founders & Leaders Connection Retreat is a 5-Star luxury yet laid-back respite created for the visionaries who lead, build, and pour into others—yet rarely pause to receive.

This 4-day / 3-night experience at the Akwaabaa Inn & Resort Homes celebrates everyday bosses making bold strides in their industries, while offering a soulful sanctuary to unwind, connect, restore, and realign—without the pressure of panels, presentations, or productivity.

Unlike other Lucki Fit Retreats, which focus on leadership elevation and strategic growth, the Connection Retreat is a deliberate pause—a space designed around one core promise:

 No Work. Just Play.

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This is the retreat for the guilt-laden leader—the one who’s been meaning to slow down, reconnect with friends, a partner, or simply themselves.

No laptops.

No rescheduled brunches.

Just a weekend of luxury, laughter, and nature designed to help you remember who you are—beyond your title.

Here, you’ll trade to-do lists for stillness, boardrooms for bonfires, and deadlines for deep connection.

# OVERVIEW

## AN UNFORGETTABLE CONNECTION EXPERIENCE

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*A maximum of 20 attendees* will leave refreshed, empowered, and reconnected, having experienced curated wellness activities, centered dialogue, and personalized care tailored for Founders & Leaders.

### ✨ Your Host

LaKisha Greenwade (Coach L) – CEO of Lucki Fit and Founder of Wearable Tech Ventures – serves as your on-site host and MC.

Coach L began curating transformative retreats in 2016 with the acclaimed *#GlamRetreat* in partnership with Sheila Johnson's **Salamander Resort**.

Known for blending **soulful insight** with strategic clarity, she continues to craft experiences that merge well-being, leadership alignment, and **joyful restoration**.

Now, by popular demand, she brings that signature energy to an *adults-only experience* dedicated entirely to **renewal and reconnection**.

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# ACCOMMODATIONS

## CHOOSE YOUR VIBE INDIVIDUAL ROOMS OR GROUP HOUSING



### Glass House

Freshly erected from the ground up to the vaulted ceiling, this open and airy, two-bedroom home is sun-drenched and oozing with contemporary panache.

- ✓ Two bedrooms (1 with king-size bed, 1 with 2 queen-size beds)
- ✓ Open living room/dining room/fully-equipped kitchen
- ✓ Large bathroom with tub and shower
- ✓ Full washer and dryer
- ✓ Front porch with rockers
- ✓ Back deck with dining table for six and bistro seating
- ✓ Shared patio with barbeque grill
- ✓ Landscaped grounds with tree swings, fire pits and a meditation/prayer pod
- ✓ Private parking
- ✓ Maximum sleeping capacity: 6



### Quiet Willow Farmhouse

Inspired by the pages of home and architectural magazines, this bespoke farmhouse is a mashup of country, industrial and modern chic. Magazine-ready, indeed!

- ✓ Two bedrooms (1 with a king-size bed, the other with 2 queen-size beds)
- ✓ Fully-equipped kitchen with everything needed to prepare and enjoy a meal
- ✓ 2 full baths
- ✓ Living room with a fireplace and a queen sleep sofa
- ✓ Dining room with sitting areas
- ✓ Two picturesque porches for year-round enjoyment: one open-air with rockers; the other glass-enclosed with a heater
- ✓ Full laundry room
- ✓ Shared patio with barbeque grill
- ✓ Landscaped grounds with tree swings, fire pits and a meditation/prayer pod
- ✓ Private parking
- ✓ Maximum sleeping capacity: 8



### Trophy House

This swanky house with moody colors and antique accents was originally built to showcase the trophies and ribbons of the Woolworth family, who won competitions with their horses and other livestock. You're the one who wins with the quiet luxury of this one-bedroom abode!

- ✓ One bedroom (1 king-size bed)
- ✓ Living Room/ Dining Area/ Kitchenette
- ✓ Queen sleep sofa in the living room
- 1 full bath with rain shower
- ✓ Shared patio with barbeque grill
- ✓ Private front deck
- ✓ Landscaped grounds with tree swings, fire pits and a meditation/prayer pod
- ✓ Private parking
- ✓ Maximum sleeping capacity: 4



# ***A C T I V I T I E S***

SPA SERVICES

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MOVIE & GAME  
NIGHT

CHAMPAGNE &  
SMORES

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TENNIS

COOKING  
CLASSES

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YOGA

UNWIND WITH  
WINE

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INDOOR HEATED  
POOL

# INVITATIONS

## REQUEST AN INVITATION

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The **Founders & Leaders Connection Retreat** is an *exclusive, invite-only experience* curated to ensure an intimate, intentional community of high-caliber leaders and founders.

We believe transformation happens best in trusted spaces—where authenticity and alignment meet.

To preserve this atmosphere, attendance is **limited and curated**.

If you've been personally referred or feel called to join this experience:

1. **Request an Invite** at [lakishagreenwade.com](http://lakishagreenwade.com) or email [Hello@LuckiFit.com](mailto:Hello@LuckiFit.com)
2. Complete a short interest form to help us tailor your experience
3. Upon approval, you'll receive a **private booking link** to confirm your spot

✨ This is your personal permission slip to pause.

Spaces are extremely limited and filled on a first-approved basis.

**No work. Just play. Real rest. Real connection.**

Request your invitation today → [lakishagreenwade.com](http://lakishagreenwade.com)

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