



We work with families to ensure successful inter-generational transitions, family harmony, and wealth preservation. Our world class team of interdisciplinary facilitators complements and works seamlessly with current family advisors. The result is custom-tailored, gentle, transformational experiences that strengthen connections and build foundations for compelling futures together.

**Family** A group of persons who share the same ancestry through blood, law, custom, adoption or marriage; a household sharing common values, goals and beliefs; an eternal investment and source of joy.

**Nature** The elements of the natural world, such as mountains, trees, animals, or rivers; natural scenery; the universe, with all its phenomena.

**Retreat** A period of group withdrawal for seclusion, reflection, and transformation in a place of privacy and safety.



FAMILY NATURE RETREATS

## Frequently Asked Questions

### **Who are Family Nature Retreats<sup>SM</sup> designed for?**

- Families seeking to deepen bonds with each other in a meaningful way, and to find renewal.
- Families that want to constructively and effectively focus on the legal, financial and personal preparation needed for successful family transitions.
- Families facing or anticipating challenges in dealing with loss, opportunity, health crises, or inheritance issues who want to reconnect and to find support and common ground.
- Families that want a truly unique, memorable, custom-tailored, shared experience.

### **What happens at a Family Nature Retreat<sup>SM</sup>?**

- Families participate in a combination of gentle nature immersion exercises and facilitated conversations focused on legacy, which can include goal-setting, philanthropy, governance, values and transitions.
- *Family Nature Retreats* create the conditions that allow individuals and families to reconnect to their creativity, quiet mind, happiness, vitality, deep listening, empathy, helpfulness, aliveness, love and compassion. This inevitably leads to people being fully in their gifts and taking positive action to create a more beautiful and regenerative world.
- Families have the opportunity to discover and explore values, gifts, goals, and dreams for each individual and for the family as a whole.
- Families heal and build resilience for facing transition, loss and other challenges.

### **How is family conflict handled?**

- Each family sets its own ground rules for acceptable and respectful behavior prior to gathering.
- Our trained facilitators include skilled mediators and family systems experts who gently guide participants toward respectful listening, shared interests and better communication.
- We look beyond positions to interests, while seeking solutions that grant a degree of autonomy and self-expression to individuals while preserving the integrity and viability of the family as a whole.

### **How primitive are the retreats? Will I be comfortable?**

- Our programs are gentle and appropriate for all ages and activity levels.
- We don't equate leaps of daring or physical risks with personal development.
- Each family chooses its own level of desired physical comfort and can choose from a wide variety of venues, which range from primitive to luxurious.
- We address the real risks of the nature setting (which are generally few) at the outset, so each person can then relax into the experience without anxiety or fears of the unknown.

### **How much do family retreats cost? What about less wealthy families?**

- We strive to keep costs reasonable, consistent with the quality of our programs. That said, world-class experiences are not inexpensive. Prices generally range from \$5,000 to \$30,000 and up.
- Families have a wide range of choices in terms of venues, facilitators, programs and duration.
- In the future, we do plan to offer scholarships, as well as lower-cost multi-family workshops and home study video programs so that more families can benefit from *Family Nature Retreat* practices and concepts.



## Why Family Nature Retreats<sup>SM</sup>?

- Studies show that estate plans fail 70% of the time. Our work complements traditional estate planning through a focus on the essential elements of trust, communication, preparation of heirs.
- We utilize a unique, integrative team model which works alongside your existing professional team, including estate attorneys, accountants, trustees, etc.
- Natural settings are a safe container that allow us to reduce distraction, create a relaxed and restorative atmosphere, and shift our focus outside of ourselves.

## Introducing Our Core Team



**Peter Johnson** has served individuals and families with their wealth and financial planning needs for over 30 years. His own experiences with his family of origin fuel his commitment to family peacemaking, mentoring and connection. Peter has been an active leader in the development of Collaborative Practice Trusts & Estates since 2012, and his writing has been featured in *The Wall Street Journal*, *The Journal of Practical Estate Planning*, *The Journal of Financial Planning*, and *Black Enterprise*.

**Jon Young** is a world-renowned master mentor, author, and speaker — a leading voice for the healing power of nature connection in the modern world. Jon developed the 8 Shields Mentoring Model, and has sparked over 300 communities worldwide to bring nature-based mentoring practices to thousands of youth and adults of all ages. Jon's compelling stories and visionary mentoring style bridges the wisdom of ancient indigenous ways of being with the needs of the modern world.



**Garret Conway, MA**, has been dedicated to the healing potential and power of nature connection experiences for over 15 years, and has worked extensively with a diverse set of communities all over the world. Garret holds an MA in Transpersonal Counseling Psychology and Wilderness Therapy and has served as a Clinical Supervisor and Therapist for struggling families. He incorporates Gestalt, Somatic, Experiential, Family Systems, Mindfulness, and Transpersonal philosophies as well as nature-based cultural healing in his work.

**R. Kamela Laird J.D.** is an estate attorney and the founder of Integrate Legacy Law, a heart-centered estate planning firm with offices in Oakland and San Diego. As an experienced communication and relationship coach, mediator, and spiritual counselor, she integrates these skills with her legal training to provide a holistic approach to estate planning.



**Mark Morey** has worked with individuals and families for 25 years. He is an expert in adolescent and adult rite of passage transitions, conscious parenting and authentic communication. The context for Mark's work is the increasing pattern of isolation and disconnection within individuals, families and community. Mark's experience includes designing and facilitating hundreds of retreats, workshops and trainings for thousands of families throughout the United States, Canada and Europe.







*“Family Nature Retreats<sup>SM</sup> offer the opportunity to connect more deeply, create shared memories, and strengthen emotional bonds, while enjoying self-discovery and gaining tools for lifetimes of connection, joy and vitality.”*

*If you're interested in learning more,  
may we suggest...*

**7-Minute Family Nature Retreats Intro Video**

[www.FamilyNatureRetreats.com/about](http://www.FamilyNatureRetreats.com/about)

**Connection Practice Video Samples**

[512project.com/familynature](http://512project.com/familynature)  
(password: “retreats”)

**Call or Email**

Peter W. Johnson, Jr.  
(800) 214-6837  
[peter.johnson@pwjohnson.com](mailto:peter.johnson@pwjohnson.com)

**Use Our Contact Form**

<https://familynatureretreats.com/contact-us/>



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