

The Exeter Edge:

Leadership Alignment Retreat

Escape. Reflect. Lead Forward.

Location: The Exeter Inn, Exeter, NH

Duration: 2-3 days

Group Size: 12-25 executives

Retreat Overview

A reimagined executive retreat designed to step away from urban distractions and corporate sameness. "The Exeter Edge" brings together timeless New England charm, thought-provoking leadership workshops, immersive outdoor experiences, and restorative wellness activities. Set near the banks of the Squamscott River and surrounded by historical and natural inspiration, leaders will rediscover clarity, creativity, and connection.

ADDRESS 90 Front St, Exeter, NH 03833

RESERVATION 603-772-5901

WEBSITE www.theexeterinn.com



Core Elements

Leadership Workshops

Led by seasoned facilitators or business psychologists, customized to focus on:

- Strategic vision alignment
- High-trust team communication
- Adaptive leadership in uncertain times
- Culture design and sustainability

Experiential Learning

- **Harvard Case Method-style** simulations in partnership with local academic professionals
- **Purpose Hikes** at Pawtuckaway State Park or Odiorne State Park
- **“Town & Gown Dialogues”**: Fireside chats on leadership and ethics, inspired by the proximity to Phillips Exeter

Wellness & Mindfulness

- Guided morning yoga or meditation in Exeter’s Courtyard
- Wellness cooking class featuring local farm-to-table cuisine
- Sleep and recovery strategies for high performers

Outdoor Adventures

- Paddleboarding or kayaking the Squamscott River
- Mountain Biking ‘Find Your Ride’ with Highland Mountain Bike Park
- Forest bathing or mindfulness walks in Oaklands Town Forest or Alnoba
- Optional half-day excursion to Great Bay or Portsmouth Harbor for team-building sailboat challenge



Add-On Packages

Historic Leadership Walk

Private guide-led walking tour of historic Exeter, with stops and reflections on leadership during revolutionary times.

Creative Strategy Salon

Evening think-tank session paired with local wine, cheese and chocolate—designed to crowdsource strategic innovation from within the team.

Executive Renewal Toolkit

Each attendee receives a curated personal development kit: leadership journal and personalized wellness plan.

Partner Integration Program

Optional half-day session where leaders invite a significant other or trusted partner to explore life alignment and long-term visioning.

“Day of Silence” Reset Track

A unique add-on day for deep reflection—includes silent breakfast, nature immersion, and journaling to reset cognitive load.

