

The Foundations of  
*Wellbeing*

November 5-7th, 2023

At The Historic Gasparilla Inn  
Boca Grande, Florida

**BB&R**  
BRIGHT, BOLD & REAL  
HEALTH & WELLNESS LIFESTYLES

[www.bbrconsulting.us](http://www.bbrconsulting.us)  
[info@bbrconsulting.us](mailto:info@bbrconsulting.us)



THE GASPARILLA INN & CLUB

[www.the-gasparilla-inn.com](http://www.the-gasparilla-inn.com)  
877-764-1420

## SUNDAY



### KATALYST WORKOUTS

12:30 PM - 6:00 PM | The Gulf View Room at the Beach Club

EMS Workout Suit (Katalyst) With a Personal Trainer

- Individual Sign-Up Sessions
- Scan or use sign-up link: <https://waitwhile.com/locations/katalyst>



### ARRIVAL AND CHECK-IN

3:00PM - 5:00PM | The Sharp Room

Stop by The Sharp Room for a light snack, to make your “Deep-Dive” experience selection and to pick up your welcome bag with information for the exciting days ahead!



### WELCOME COCKTAILS AND DINNER

6:30 PM | The Beach Club

Dinner and warm welcome with Doro & Tricia where you will meet all of our spectacular speakers.

## MONDAY



### MORNING MEDITATION WITH DORO

6:30 AM - 6:50 AM | The Croquet Lawn at the Inn



### SUNRISE YOGA WITH YOGI KEITH MITCHELL

7:00 AM - 7:30 AM | The Croquet Lawn at the Inn



### SILENT WALK TO THE BEACH CLUB

7:35 AM - 7:45 AM | The Lawn



### BREAKFAST

7:45 AM - 8:45 AM | The Beach Club Dining Pavilion



### WELCOME REMARKS WITH TRICIA & DORO

8:50 AM - 9:00 AM | The Gulf Room at The Beach Club





SESSION 1

## HOW TO DEVELOP YOUR STRENGTHS USING THE ENNEAGRAM SYSTEM

WITH JIM DETHMER & DEBORAH J. BURDITT

9:00 AM - 9:55 AM | The Gulf Room at The Beach Club



Jim Dethmer and Deborah J. Burditt will take you on an interactive journey through the wisdom of the famous Enneagram personality system. Prior to the session you will learn which one of the 9 personality types you embody. This fascinating session will not only shed light on your motivations, behaviors and fears, it will help you make the most of your strengths to achieve your full potential. After this experience you will also gain deep empathy for yourself and the loved ones in your life.

SESSION 2

## LIFE FORCE AND LONGEVITY: HOW NEW BREAKTHROUGHS IN PRECISION MEDICINE CAN TRANSFORM THE QUALITY OF YOUR LIFE & THOSE YOU LOVE

WITH ROBERT J. HARIRI, M.D., PH.D.

Q&A LED BY MATT DAWSON

9:55 AM - 10:55 AM | The Gulf Room at The Beach Club

Dr. Hariri will offer insight into strengthening our life force by describing a wide array of groundbreaking treatments, cutting-edge biotechnologies, innovative medical approaches, and lifestyle changes in order to improve the quality of our physical and mental health and maintain vitality.

Learn about stem cells and CAR T-cells, the ultimate fighters against cancers in highly personalized treatments. Understand focused ultrasound gene therapy, nutraceuticals, PEMF, ultrasound, and custom made drugs. He will also talk about the importance of quality sleep, mindset and how to treat strokes.



Monday

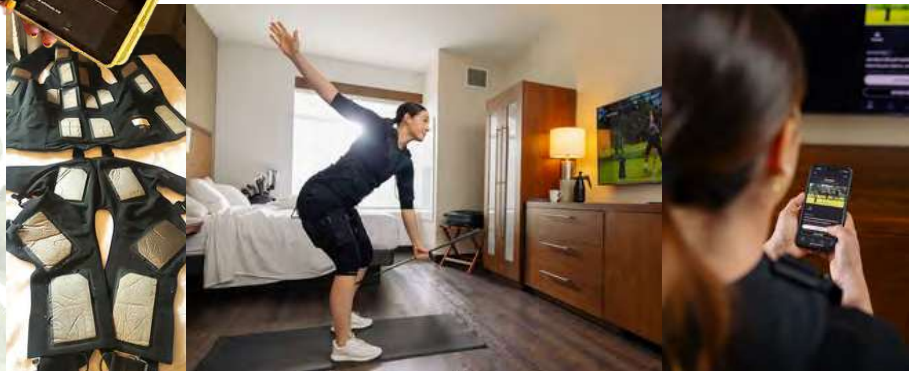


### SESSION 3

## WIN THE LONGEVITY GAME. HOW TO USE PERSONALIZED FITNESS TO BUILD LASTING STRENGTH AND RESILIENCE WITH BJOERN WOLTERMANN

11:05 AM - NOON | The Gulf Room at The Beach Club

Bjoern Woltermann emphasizes the significance of the "longevity game" mindset in health, wellness, and relationships. Highlighting the importance of seeking sustainable solutions for long-term well-being rather than short-term fixes, comparing it to an infinite game where the goal is to keep playing. He discourages time-bound quick fixes and encourages finding practices that can be maintained for the long haul. Improving our physical strength is one of the most critical factors for healthy aging. We'll dive deep into the importance of strength and muscle mass, why traditional fitness modalities fall short as we age, and how full-body EMS training can help increase strength, stability, and range of motion.



Monday



#### SESSION 4

## WHAT PSYCHOLOGICAL ASTROLOGY CAN TEACH US ABOUT OURSELVES

WITH JENNIFER FREED, PHD

NOON - 1:00 PM | The Gulf Room at The Beach Club

Jennifer will talk about her new book *A Map to Your Soul*. There are four elements—fire, earth, air, and water—that exist in nature and within us all. Knowing your personal map of these four elements offers a way to personalize your self-care rituals and design your best life: one that fully expresses your special gifts. Why do we generally fear speaking our truth, the journey into self-acceptance, big friendships, and romantic chemistries? Learn how to negotiate the different parts of ourselves so you can live a fully expressed life.



## LUNCH

1:00 PM - 2:00 PM | The Beach Club



## KATALYST WORKOUTS

1:00 PM - 4:00 PM | The Gulf View Room at the Beach Club

EMS Workout Suit (Katalyst) With a Personal Trainer

- Individual Sign-Up Sessions
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Monday



## AFTERNOON SESSIONS

Dive even deeper with your favorite health expert OR spend the afternoon exploring the beautiful island of Boca Grande by bike or kayak. Please make your selection at the event registration in the Sharp Room.

*SELECT ONE*

### DEEP DIVE SESSION 1 (CHOOSE ONE)

2:00 PM - 3:00 PM

#### THE FUTURE OF LONGEVITY

WITH ROBERT J. HARIRI, M.D., PH.D.

2:00 PM - 3:00 PM | The Pelican Club Room

#### INDIVIDUAL AND GROUP POSTURE & PAIN ASSESSMENT

WITH DAVID STARBUCK SMITH

2:00 PM - 3:00 PM | The Yoga Room at the Fitness Center

#### HOW TO USE THE ASTROLOGY ORACLE: A DEEPER INQUIRY INTO DIVINE INTELLIGENCE AND INTUITION

WITH JENNIFER FREED, PHD

2:00 PM - 3:00 PM | The Sharp Room



Monday



*SELECT ONE*

## DEEP DIVE SESSION 2 (CHOOSE ONE)

3:00 PM - 4:00 PM

### PERSONALIZED MEDICINE & FITNESS: WHAT IT CAN DO FOR YOU

WITH MATT DAWSON & BJOERN WOLTERMANN

3:00 PM - 4:00 PM | The Pelican Club Room

### THE INTEGRATION: HOW DO WE TAKE THE RETREAT EXPERIENCE AND MAKE IT PART OF OUR DAILY LIVES

WITH KEITH MITCHELL

3:00 PM - 4:00 PM | The Yoga Room at the Fitness Center

### COOKING DEMO

WITH AMANDA HAAS

3:00 PM - 4:00 PM | The Banyan Room



## COCKTAILS

6:30 PM | The Croquet Lawn at the Inn

## DINNER

7:00 PM | The Croquet Lawn at the Inn



## CACAO CEREMONY

WITH JENNIFER FREED, PHD & KEITH MITCHELL

After Dinner | The Croquet Lawn at the Inn





## TUESDAY



### MORNING MEDITATION WITH DORO

6:30 AM - 6:50 AM | The Pelican Club Room



### BREATHWORK WITH KEITH MITCHELL

7:00 AM - 7:30 AM | The Croquet Lawn at the Inn



### SILENT WALK TO THE BEACH CLUB

7:35 AM - 7:45 AM | The Croquet Lawn at the Inn



### BREAKFAST

7:45 AM - 8:50 AM | The Beach Club Dining Pavilion



### WELCOME REMARKS WITH TRICIA & DORO

8:50 AM - 9:00 AM | The Gulf Room at The Beach Club

Tuesday



*SESSION 5*

## OPTIMIZING YOUR BRAIN AND LIFESTYLE WITH THE BEST RESOURCES IN PRECISION MEDICINE WITH MATT DAWSON

9:00 AM - 9:45 AM | The Gulf Room at The Beach Club

Learn how to optimize your brain health and lifestyle with precision medicine - a genetics-based approach to personalized care. This modern preventative and personalized medicine is informed by biometrics, family history, DNA testing, genomics, lifestyle factors, lab tests and wearables. Learn how precision medicine can bring you incredible insights for diet, exercise, sleep, mental health, disease risk reduction, and more.



*SESSION 6*

## WHAT IS ON YOUR MIND? ASK THE DOCTOR! WITH DR. TRACY FREEMAN

9:45 AM - 10:15 AM | The Gulf Room at The Beach Club

BB&R's Chief Medical Officer peels back the onion on any burning health questions you might have. Do you have questions about your adrenals, sleep, gut health, stress, refined sugars and highly processed grains? Do you happen to have questions about fatigue? You might be surprised to find out that fatigue can also be rooted in thyroid issues, anemia, mold, sleep patterns and toxins. Learn how to boost your iron, B12 and D, ramp up your sleep cycles and keep depression, stress and anxiety at bay. Dr. Freeman is a functional medical doctor, trained to look at the body as a whole system.

Tuesday



*SESSION 7*

## HOW STRESS PLAYS OUT IN OUR BODIES & WHAT TO DO ABOUT IT

WITH DAVID STARBUCK SMITH

10:30 AM - 11:00 AM | The Gulf Room at The Beach Club

David is a national expert in pain and posture and its roots within the mind and body connection. In this talk he will share the details about the two things that cause pain in your body - posture and emotional stress. Are your shoulders rolled forward, is one higher than another? What about your feet and hips? He will explain, that when the mechanics of your joints are off - you may experience neck pain, shoulder pain, hip pain and also be prone to many types of injuries. David's core message: pain can act as a messenger. Find out about where worry, anxiety, hurt, resentment and rage typically show up in your physical body and what to do about it. Learn why anything is possible to heal.



*SESSION 8*

## LONGEVITY Q&A

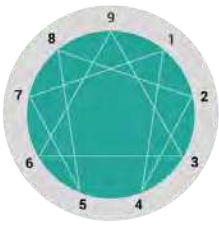
WITH WITH ROBERT J. HARIRI, M.D., PH.D. & MATT DAWSON

11:00 AM - 11:30 AM | The Gulf Room at The Beach Club

Ask your burning questions about longevity, AI and health, cancer, genetics-based personalized health care, stem cells, testing, best practices and the mindset of longevity. Whatever is on your mind, this is the time to ask.







### SESSION 9

## OUR PERSONALITIES: WHERE TO GO FROM HERE

WITH JIM DETHMER AND DEBORAH J. BURDITT

11:30 AM - 12:15 PM | The Gulf Room at The Beach Club

Wrap up your adventure with the Enneagram personality system. What did you learn about how you're innately wired; what deeply motivates you, and how do you impact others? Become fully aligned with who you really are.



## LUNCH

12:30 PM | The Beach Club Dining Pavilion

Bento box lunch to go or choose to stay and enjoy your lunch poolside.



## KATALYST WORKOUTS

1:00 PM - 5:00 PM | The Gulf View Room at the Beach Club

EMS Workout Suit (Katalyst) With a Personal Trainer

- Individual Sign-Up Sessions
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## ABOUT



### BB&R CONSULTING

Bright, Bold & Real is a wellness consulting company with nearly 20 years of experience creating educational programs that lead communities to make lasting transformation.

Founded by Doro Bush Koch and Tricia Reilly Koch almost two decades ago, BB&R Consulting helps groups and companies understand health as a complex system. At BB&R we believe that happens not just in the doctor's office but at the grocery store, over meals with family and friends, and in the pursuit of our passions and dreams.

Having begun their discovery journeys together as young mothers with four children each, Doro and Tricia have long been committed to helping others find paths to vital living. What started with a focus on nutrition to support the ones they loved expanded to helping move communities toward wellness. BB&R has evolved into a wide-reaching business that has led thousands of people to make a conscious shift and take personal responsibility for their wellbeing.

Trailblazers in what has now become the wellness revolution, the founders of BB&R Consulting believe that relationships are the key to our sense of joy and purpose, which in turn, affects the health of our bodies. The work of BB&R inspires audiences to cultivate the meaningful connections and mindful practices that create a vibrant life.

BB&R partners with Georgetown University to put on the Achieving Optimal Health Conference each October, for the past fifteen years. In 2020 BB&R launched a second conference, the Foundations of Wellbeing Experience in Boca Grande, Florida. The firm also offers retreats, workshops, and a crash course entitled Mindful Community Collective - MC<sup>2</sup>. Their extensive online platform includes their widely popular Health Gig podcast with insightful interviews, inspiring insights on the developments in holistic health, and guided mindfulness meditations.

Website: [www.bbrconsulting.us](http://www.bbrconsulting.us)

Podcast: [HealthGig](#)

## SPEAKERS



### JIM DETHMER CONSCIOUS LEADERSHIP GROUP

Jim Dethmer is a coach, speaker, author, and founding partner at The Conscious Leadership Group. He has personally worked with over 150 CEOs and their teams to integrate conscious leadership into their organizations. Jim also leads monthly forums for select leaders in Chicago and New York, and trains coaches through The Conscious Leadership Group. He has spoken at Conscious Capitalism, Wisdom 2.0, Mindful Leadership Summit, Northwestern University Kellogg School of Management, and USC School of Medicine Greenville (where conscious leadership is part of the curriculum). He is co-author of *High Performing Investment Teams*, and *The 15 Commitments of Conscious Leadership*, an Amazon bestseller (2015). Jim lives in Chicago with his wife Debbie, and in Michigan, where they recharge during the summer months at their “soul’s home”.

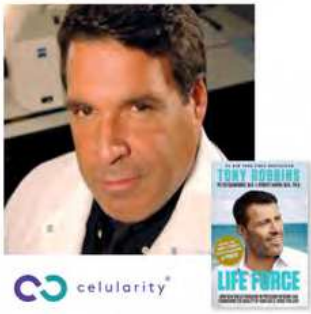


### DEBORAH J. BURDITT CONSCIOUS LEADERSHIP GROUP

Debbie Burditt, founder of the Enneagram Group, is an Enneagram expert who teaches leaders how to effectively use the wisdom of the Enneagram in their lives and in their organizations. Debbie has studied with the world’s leading Enneagram experts over the past 25 years, and her professional experience includes working with leaders in business across all industries, not-for profits, and spiritual communities. Before dedicating herself to teaching the Enneagram, Debbie received a JD from Northwestern University School of Law and practiced law in Chicago for over twenty years. She currently lives in Chicago and in northern Michigan with her husband, Jim Dethmer, and she loves spending time with her 8 grandchildren.

Website: [www.conscious.is](http://www.conscious.is). X: @ConsciousLG  
Facebook: [consciousleadershipgroup](https://www.facebook.com/consciousleadershipgroup). YouTube:  
@ConsciousIsNow





## ROBERT J. HARIRI, MD, PHD CHAIRPERSON, FOUNDER, AND CEO OF CELULARITY

Dr. Hariri pioneered the use of stem cells to treat a range of life-threatening human diseases and continues today to make transformative contributions in the fields of immuno-oncology and cell therapeutics along with tissue engineering and functional regeneration. He is widely acknowledged for his discovery of pluripotent stem cells derived from the human placenta, and as a member of the team that discovered the physiological activities of tumor necrosis factor (TNF). He holds over 170 issued and pending patents for discoveries including placenta-derived stem cells, which Nature recognized as one of the ten most important patent estates in the field. He has authored over 150 published chapters, articles, and abstracts.

Dr. Hariri was the founder and CEO of Anthrogenesis Corporation, and after its acquisition by Celgene Corporation, served as CEO of Celgene Cellular Therapeutics which was spun-out in 2017 to form Celularity. Dr. Hariri also co-founded the genomic-based health intelligence company, Human Longevity, Inc. and serves on numerous public boards including Cryoport (NASDAQ:CYRX).

He recently co-authored a new book with Tony Robbins and Peter Diamandis called *Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love*

Website: [www.celularity.com](http://www.celularity.com). X: @celularity





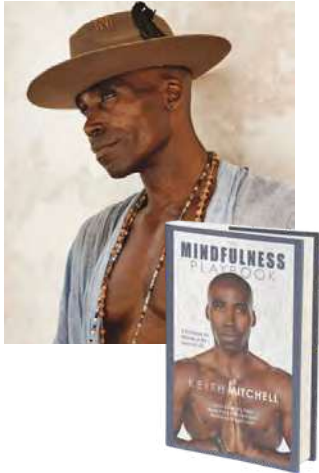
### JENNIFER FREED, PHD

Jennifer Freed, PhD, is the best selling author of *Use Your Planets Wisely* and a renowned psychological astrologer and social and emotional education trainer. She has spent over thirty years consulting clients and businesses world wide on psychological, spiritual, and educational topics. She has served as the clinical director of Pacifica Graduate Institute and is national consultant for EMDR (Post Traumatic Growth Therapies).

As a regular contributor to goop, Jennifer has written over 23 articles on wellness and astrology, and Jennifer has penned ten books relating to personal growth. She has also been interviewed for her expertise by the New York Times, The Wall Street Journal, USA Today, and Vogue. In 1999, Jennifer and her partner Rendy Freedman created the non-profit AHA!, which is dedicated to teens, families, and educators feeling safe, seen, and celebrated. AHA! has served over 35,000 children and families in Santa Barbara, and Jennifer has trained educators throughout the country in the five pillars of social and emotional learning: self-management, self-awareness, social awareness, relationship skills, and responsible decision making.

Website: [www.jenniferfreed.com](http://www.jenniferfreed.com) Instagram: [@drjenniferfreed](https://www.instagram.com/drjenniferfreed)  
X: [@drjenfreed](https://twitter.com/drjenfreed) Facebook: [@jenniferfreedofficial](https://www.facebook.com/jenniferfreedofficial)



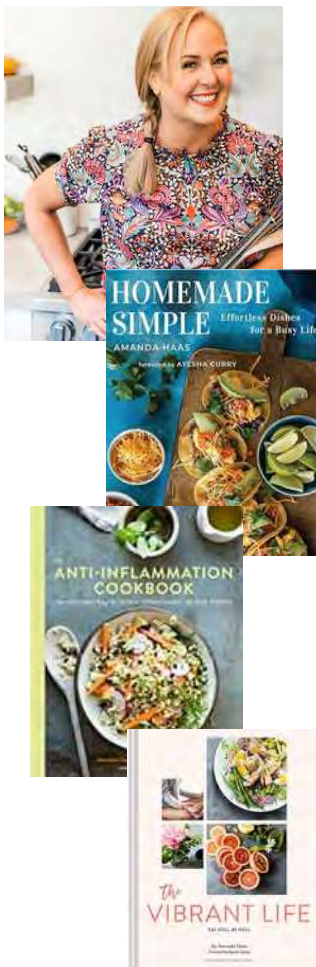


## KEITH MITCHELL

Keith is a former All-Pro NFL player turned celebrity Yogi. He is a motivational mindfulness teacher. He studied nutrition and herbalism under the legend Dr. Sebi in Honduras. He is Co-Founder of Terra Pi in Playa Del Carmen, Mexico and founder of @ChandraSeamoss. Mitchell is a fitness and wellness advocate, community activist, humanitarian and founder of the Light it Up Foundation.

Website: [KeithMitchell59.com](http://KeithMitchell59.com) X: [@K\\_Mitchell59](https://twitter.com/K_Mitchell59)

Instagram: [@keithmitchell59](https://www.instagram.com/keithmitchell59) Facebook: [@keithmitchell59](https://www.facebook.com/keithmitchell59)



## AMANDA HAAS

Amanda is an accomplished food writer, cooking instructor, video host, and cookbook author. She has contributed to over a dozen cookbooks and written three of her own, including the best-selling book *"The Anti-Inflammation Cookbook: The Delicious Way to Reduce Inflammation and Stay Healthy"* (2016) and *"The Vibrant Life: Eat Well, Be Well"* (2019)."

After spending seven years as the Culinary Director for Williams-Sonoma, Amanda struck out on her own to start Amanda Haas Cooks, a culinary content company focused on improving our health through food. Most recently, Amanda launched "House of Haas," an online cooking school that shares her passion for culinary instruction with people all over the world.

Website: [AmandaHaasCooks.com](http://AmandaHaasCooks.com) YouTube: [Amanda Hass Channel](https://www.youtube.com/channel/UC...)

Facebook: [@amanda.haas.718](https://www.facebook.com/amanda.haas.718) Instagram: [@amandahaascooks](https://www.instagram.com/amandahaascooks)

X: [@amandahaascooks](https://twitter.com/amandahaascooks)





## BJOERN WOLTERMANN KATALYST

Bjoern Woltermann is the Founder & CEO of Katalyst, which utilizes full-body Electro Muscle Stimulation (EMS) technology to make working out easier, faster, safer and more effective than ever before. A startup and tech veteran with a master's degree in international economics, Bjoern became acutely aware of the challenges with traditional fitness when he took 150 flights per year while suffering from chronic back pain. Bjoern's physician introduced him to EMS training and, after training once per week for six weeks, he was pain free and in noticeably better shape. This began a ten-year journey to introduce full-body EMS to the US market and help all people live longer, healthier and happier lives.

Prior to founding Katalyst, Bjoern led product management teams at ImmobilienScout24 (the Zillow of Europe) and, following the acquisition by Deutsche Telekom, served as VP of Emerging Technologies for the telco conglomerate, leading teams in 15 countries. Bjoern is passionate about helping people, learning and problem solving, leading to 11 patents to date. Now based in Las Vegas, NV, he is a devoted husband and uncle who loves to explore the world off the beaten paths, enjoy great food, and pursue a healthy lifestyle.

Website: [www.katalyst.com](http://www.katalyst.com) X: [@bwoltermann](https://twitter.com/bwoltermann)

Instagram: [@katalystfit](https://www.instagram.com/katalystfit)



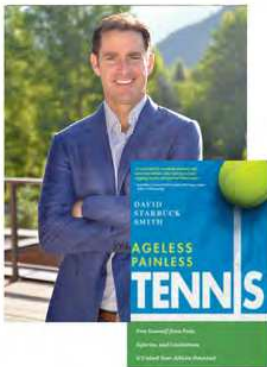
wild health

## MATT DAWSON

### WILD HEALTH

Dr. Dawson is the Founder/CEO of Wild Health, a genomics based personalized medicine company. He has won national awards for innovation, authored two text books, hundreds of book chapters, and published dozens of studies. He has created both an app and podcast that have each been downloaded millions of times and founded 6 companies or nonprofits in the last 10 years. Wild Health specializes in providing holistic treatments based on individuals' DNA and other biometrics. He has dedicated his life to bringing care, attention, and wellness to all.

Website: [www.wildhealth.com](http://www.wildhealth.com) Instagram: @wildhealthmd  
YouTube: @wildhealth4033



## DAVID STARBUCK SMITH

### WHOLE MIND & BODY COACH. AUTHOR. SPEAKER

David is student of all things body and mind including anatomy, biomechanics, physiology, nutrition, psychology and metaphysics. David is one of the best in the business at identifying postural and mechanical imbalances anywhere in the body. He is an expert in anatomy and body mechanics and has been helping people cure their chronic muscle and joint pain for over 20 years. He started one of the first Egoscue Method™ franchised clinics in the United States in 2004 and regularly consults with top college and professional athletes in all sports including the NFL, WTA and the ATP. David was also a highly nationally ranked junior tennis player earning him an athletic scholarship on the UC Berkeley tennis team. He continues to compete in USTA league and national tournaments in his age group and has become an established speaker for conventions, sports teams and successful companies around the country.

Website: [www.davidstarbucksmith.com](http://www.davidstarbucksmith.com) X: @StarbuckSmith  
Book: [Ageless, Painless Tennis](#)



**DR. TRACY FREEMAN**  
CHIEF MEDICAL OFFICER BB&R

Dr. Freeman integrates the most effective treatments from holistic and conventional medicine to bring her patients the most innovative approach to true healing. Dr. Freeman's progressive methodology is grounded in decades of experience searching out the root cause of disease. As a mother of a child with autism she has a personal understanding of the challenges patients face. Doctor Freeman breaks down the most important topics in wellness today bringing the insights of a physician and the compassion of a mother.

Website: [www.tracyfreemanmd.com](http://www.tracyfreemanmd.com)

LinkedIn: [Tracy Freeman MD](#)



**NICK MARCHESANO**  
EXECUTIVE CHEF, GASPARILLA INN

Originally from the Washington D.C. area, Nick's culinary education began as a young boy. Nick travelled from his father's kitchen to Johnson & Wales University to formalize his culinary education. He studied in Italy, Charlotte Country Club and then eventually The Atlantic Room at the Kiawah Island Golf Resort. 2016 found Nick assisting in the creation of the menu and team for Charleston, South Carolina's Dewberry Hotel as the Opening Executive Sous Chef. Charleston's intimate food network allowed Nick to build relationships with local, small farms and purveyors to provide guests with a genuine glimpse at low country cuisine. Cooking in Charleston instilled in Nick the importance of a Chef's responsibility to source ethically and locally while maintaining the regions historic foodways. In 2017, Chef Nick was the touring chef for Grammy Award-winning musician Ed Sheeran. After transitioning through several renown golf clubs, boutique hotels, and resorts, Nick is now working for The Gasparilla Inn as their Executive Chef. Nick believes that The Gasparilla Inn has always been a key player in the culinary arena and he hopes to continue that tradition.

Website: [www.the-gasparilla-inn.com](http://www.the-gasparilla-inn.com)