



Reconnect + Rejuvenate Retreat Screenreader-Friendly Overview

General Information

Event: Reconnect and Rejuvenate

Tagline: A digital mini-retreat for food system designers, innovators, and changemakers to reconnect with their roots

Day and time: To be announced

[Click here to join the waitlist!](#)

About The Retreat

“I don’t have enough time for meaningful reflection.” I hear this all the time from food system professionals who are eager to reconnect with their *why*—their sense of purpose, what brings them to their work—but feel like they can’t slow down due to urgency culture.

That’s why I created **Reconnect & Rejuvenate**. It’s a two-hour live mini-retreat held entirely online and designed to keep you reconnect with your roots.

And you might be thinking: “A digital retreat? Doesn’t sound like much of a retreat.”

I get it. Ideally, a retreat is held offline. But taking 1+ days away from work in an off-site environment isn’t feasible for everyone. (Especially for folks who already feel pressure to keep up their pace.)

But just because it’s digital doesn’t mean it’s lacking. During the two-hour retreat, you will:

- Reconnect with the importance of framing work in food through a lens of joy and equity
- Recognize the limitations of a nutrition-only framework and the essential ways in which we can expand our perspectives on food in our professional work
- Take stock of the strengths and assets you bring to your work (also known as your special sauce)



- Express gratitude for the people and experiences that have helped shaped your journey

Who You Are

You're a food system designer, innovator, or changemaker excited to reconnect with your roots—including why you do what you do, and what brought you to where you are now—and frame your work through a lens of equity and joy. You don't have tons of time to hold for reflection and rejuvenation, but can commit to holding two hours for a digital mini-retreat!

What's Included

In addition to digital resources, you'll also receive some goodies via the United States Postal Service snail mail prior to the live digital retreat to support you in carving out some energizing you time:

- A physical retreat workbook (to use during live activities)
- A warming beverage (your choice of coffee or tea)
- A tasty treat (just because)

About Your Host

Hello! My name is Lucy Flores (she/her) and I am a design strategist and founder of Studio Magic Hour. I'm passionate about all things food and have dedicated my career to advancing equity in the food system through design. I've led design projects, facilitated workshops, and coached in-house design and innovation teams at organizations including the California Academy of Sciences, the Fair Food Network, FoodCorps, Hopelab, The Nature Conservancy, Plant Futures, Share Our Strength, and the Southern Poverty Law Center. I am a former Equitable Design Fellow at Hopelab, a School of Graphic Design Advisory Board member, and a member of the Design Justice Network, the Democracy & Belonging Forum, Equity Army, and AIGA.

Pricing



Studio Magic Hour uses a sliding scale pricing model inspired by the National Equity Project to support practitioners in paying for courses based on available resources. ([Learn more about the National Equity Project's approach to pricing by clicking here.](#))

- The mini-retreat is \$99 for practitioners currently working at a government entity or non-profit organization + independent consultants
- The mini-retreat is \$149 for practitioners currently working at a for-profit company

What Other Folks Are Saying

"Workshops with Lucy feel like a mind-bending reframe, a deep chat with a friend, and a collective speaking of truths, all at the same time." – Tania Anaissie, Founder of Beytna Design and Co-Creator of Liberatory Design

"An inviting and inclusive playground." – Narda Albatrino, Design Researcher

FAQs

Is there a sector of the food system this retreat is focused on?

This retreat is designed for everyone who works in the food system, whether you work at a non-profit, government entity, for-profit, or something less formal (but just as impactful!) such as a coalition or network.

How will this program meet accessibility needs?

All materials will be available in screenreader-friendly formats, auto-captions will be available on live video content, and speakers will provide visual descriptions of infographics and other relevant images. Additionally, every participant will be invited to share individual accessibility needs and our team will do everything we can to meet those requests!

Do you have a refund policy?

Studio Magic Hour will not offer refunds for the retreat due to custom retreat packages being made for each participant. If you register but are no longer able to



join the retreat live, you will still receive the full set of materials and recorded two-hour session.

What if I have other questions?

Don't be a stranger! Please email lucy@studiomagichour.com with questions and I'll get back to you as quickly as possible.