



Compassionate Accountability Retreat

*A Two-Day Virtual Retreat to Work on a Long-Term Project
with Structure, Community, and Care*

About the Compassionate Accountability Retreat

The **Compassionate Accountability Retreat** is a virtual space for first-gen graduate students and professionals who want to make meaningful progress on a high-priority project without added pressure, guilt, or isolation.

Over two days, you'll be guided through a gentle but structured process designed to help you slow down, enhance your focus, and reconnect with why this project matters. You'll carve out dedicated time to make progress on your dissertation, thesis, article, portfolio, creative project or any other long-term goal that has been sitting and waiting for your focused attention.

Through a blend of reflection, focused work sessions, and community check-ins, you'll experience accountability that is both kind and critical. Rather than an intensive bootcamp, this is an invitation to gently show up for yourself and your work with compassion, structure, and care.

By the end of the retreat, you'll leave grounded and clear on your next steps, with renewed confidence in your ability to sustain this meaningful progress.

Who This Retreat Is For

This retreat is for first-gen graduate students and professionals who are craving both structure and flexibility in how they approach their work.

Maybe you've been trying to make progress on a long-term project but keep getting stuck between intention and exhaustion. You know what you need to do but it's hard to create momentum on your own.

This retreat offers a space to move forward at your pace, surrounded by others who understand the push and pull between ambition and capacity. It's especially supportive if you:

- Are working on a project that requires deep focus and consistent effort
- Want accountability that feels kind and community-centered
- Find yourself navigating perfectionism, procrastination, or executive-function challenges
- Value compassion, care, and sustainability in how you meet your goals

[CLICK HERE TO CLAIM YOUR SPOT!](#)

Accountability is crucial here but it isn't about strict deadlines or external pressure; it's about turning inward with curiosity, noticing your energy, and exploring gentler, more sustainable ways to make meaningful progress alongside others.

What You'll Experience

Over the course of two days, you'll experience a rhythm that interweaves structure, reflection, and focus. Each session is designed to help you reconnect with your work, find your flow, and leave with a clear sense of direction.

Day 1: Refocus & Recommit (3.5 hours)

- Welcome, Intros, and Intentions
- Mini-Workshop: Breaking Large Projects into Sustainable Milestones
- Focus Sprint #1: Gentle Start
- Break
- Focus Sprint #2: Building Momentum
- Break
- Focus Sprint #3: Deep Focused Session
- Group Check-In and Reflection

Day 2: Revise & Sustain (3.5 hours)

- Welcome, Energy Check-In, and Intentions
- Mini-Workshop: Separating Emotions from Feedback
- Focus Sprint #1: Gentle Start
- Break
- Focus Sprint #2: Deep Focused Session
- Break
- Focus Sprint #3: Deep Focused Session
- Reflection and Planning for Project Completion
- Closing Circle and Celebration

What's Included

Alongside the live retreat, you'll receive a curated digital resource bundle designed to help you maintain your momentum long after the weekend ends.

Your Long-Term Project Success Bundle

1. Dissertation, Thesis, and Long-Term Project Timeline (4 Templates)
2. Weekly Writing Progress and Reflection Planner
3. Reading Strategy Annotations (2 Templates)
4. Reverse Outline Handout for Revising Long Manuscripts
5. Accountability Strategies for Long-Term Writing Projects
6. Feedback Guide: Separating Emotions from Actionable Advice

[CLICK HERE TO CLAIM YOUR SPOT!](#)

Results

By the end of the retreat, you'll have:

- ☒ Meaningful progress on your project with tangible results
- ☒ A personalized plan for completion and continued momentum
- ☒ Tools and systems you can return to again and again
- ☒ A sense of connection to a supportive community that extends beyond the weekend

Pricing and Enrollment

Tier	Dates	Includes	Investment
Early-Bird Rate (Lowest Ever) Code: EARLYBIRD25	Nov 18 – Nov 30	2-Day Retreat + Bundle	\$149
Holiday Rate Code: HOLIDAY25	Dec 1 - Dec 7	2-Day Retreat + Bundle	\$199
Future Retreats	2026 onward	2-Day Retreat (no bundle)	\$249

Space is limited to maintain an intimate, supportive group dynamic.

Funding and Employer Support

Many graduate programs and employers offer professional development or research funding that can be used to cover registration for retreats like this one.

If you're a graduate student, check with your department, graduate division, or advisor about available professional development or research funds.

If you're a professional, consider asking whether your employer's professional development budget can cover the registration fee. This retreat may qualify as a continuing education and productivity training experience.

To make the process simple, all participants receive an official digital receipt upon registration that can be submitted for reimbursement.

If your department or employer requires additional documentation such as an invoice or retreat description, please email me after registration, and I'll provide everything you need.

Schedule and Access Details

[CLICK HERE TO CLAIM YOUR SPOT!](#)

Day 1: Friday, December 12 from 1:00–4:30 PM PT
Day 2: Saturday, December 13 from 1:00–4:30 PM PT

Hosted virtually and live via Zoom. Will not be recorded to preserve participant privacy and presence

About Your Facilitator

Dra. Yvette Martínez-Vu is a grad school and productivity coach, consultant, author, and speaker who helps first-generation BIPOC students and professionals achieve sustainable success. Through Grad School Femtoring, LLC, she has guided thousands to navigate graduate school admissions, build supportive systems, and redefine productivity with compassion and care. Her coaching approach combines executive-functioning strategies, cultural awareness, and energy-based planning to help you work with clarity, purpose, and confidence.

Ready to Get Started?

Join the Compassionate Accountability Retreat and make meaningful progress on your long-term project. Reserve your spot now at the **early-bird rate of \$149** and end the semester and calendar year with focus, compassion, and renewed momentum.

[CLICK HERE TO CLAIM YOUR SPOT!](#)

FAQ

Is this retreat only for those working on research and writing projects or can I work on other types of long-term projects?

You're welcome to work on any long-term project that requires your sustained attention. This can include a dissertation, thesis, article or manuscript, job or grad school application materials, a creative project, a portfolio, or any major project you've been meaning to prioritize.

What if I don't identify as first-generation, can I still join?

Yes. While the retreat is designed with first-generation students and professionals in mind, anyone who identifies as an ally or comrade is welcome.

Do I need to attend both days?

You're encouraged to attend both days to get the full experience but it's not required. Please note that registration covers the full retreat and the fee cannot be prorated for single-day attendance.

What if I need to arrive late, step away, or leave early?

You're welcome to join in the ways that work best for you. If possible, let me know ahead of time so I can hold space accordingly and keep track of who will be present.

[CLICK HERE TO CLAIM YOUR SPOT!](#)

How much actual focused work time will I get during the retreat?

Each day includes 120 minutes of structured focus time for a total of 4 hours across the retreat. The remaining time supports your process through intention-setting, mini-workshops, breaks, planning, and community reflection.

What materials or preparation do I need before attending?

Bring whatever you need to work on your project, including documents, notes, readings, or tools. Arriving with a clear intention or priority for the retreat will help you make the most of your time.

How large will the group be, and will I have opportunities for support?

The retreat will be capped at ten participants to maintain an intimate, supportive environment. You'll have opportunities for check-ins, guided reflection, and community connection throughout.

Do I get instant access to the resource materials after registering?

Yes. You'll receive immediate access to all digital materials through editable Google Docs.

What is your refund policy?

Because participants receive instant access to digital resources and the retreat is a live experience, all sales are final and no refunds can be provided.

Are payment plans available?

Yes. At checkout, you'll have the option to use Afterpay or Klarna if you prefer to pay in installments.

Is there any post-retreat community or follow-up support?

Yes. Participants are welcome to exchange contact information to stay connected. In addition, quarterly retreats will be offered in 2026 and those who attend this year will receive early access and special pricing.

[CLICK HERE TO CLAIM YOUR SPOT!](#)