

# CAB RETREAT AGENDA

Saturday, June 22, 2024 · 11 AM to 5 PM

Location: The Center of Reentry Excellence (CORE) at 100 Hegenberger Rd, Oakland

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|---------------------|-----------------------------------------------------------------------------------------------------------------------------|
| 11:00 am – 11:05 am | Opening Remarks – <b>Marlo, Facilitator &amp; Nicole, Co-Facilitator</b>                                                    |
| 11:05 am – 11:10 am | Welcome – <b>Tanasha Stevens, CAB Chair</b>                                                                                 |
| 11:10 am – 11:15 am | Welcome – <b>Janene Grigsby, Alameda County Probation</b>                                                                   |
| 11:15 am – 12:00 pm | Introductions – <b>CAB, Probation Staff &amp; Stakeholders (3 Minutes Max Per Person)</b>                                   |
| 12:00 pm – 12:05 pm | Ice Breaker – <b>Tanasha Stevens, CAB Chair</b>                                                                             |
| 12:05 pm – 12:40 pm | Purpose of CAB and the Roles and Responsibilities of the CAB, CCPEC & CCP – <b>Janene Grigsby, Alameda County Probation</b> |
| 12:40 pm – 1:00 pm  | Q & A                                                                                                                       |
| 1:00 pm – 1:05 pm   | Game – <b>Marlo &amp; Nicole, Facilitators</b>                                                                              |
| 1:05 pm – 1:10 pm   | Break                                                                                                                       |
| 1:10 pm – 1:40 pm   | Probation’s Role in Supporting CAB and Helping CAB Achieve its Goals – <b>Janene Grigsby, Alameda County Probation</b>      |
| 1:40 pm – 1:55 pm   | Q & A                                                                                                                       |
| 1:55 pm – 2:00 pm   | Game – <b>Marlo &amp; Nicole, Facilitators</b>                                                                              |
| 2:00 pm – 2:10 pm   | Community/Team Building Exercise – <b>Marlo &amp; Nicole, Facilitators</b>                                                  |
| 2:10 pm – 2:40 pm   | Brown Act – <b>Janene Grigsby, Alameda County Probation</b>                                                                 |
| 2:40 pm – 3:00 pm   | Q & A                                                                                                                       |
| 3:00 pm – 3:10 pm   | Game                                                                                                                        |
| 3:10 pm – 3:45 pm   | Next Steps (Future of CAB) – CAB Members (3 Minutes Max Per Person)                                                         |
| 3:50 pm – 4:00 pm   | Special Remarks – Tanasha Stevens, Chair & Marlo, Facilitator                                                               |
| 4:00 pm – 5:00 pm   | Dinner & Socializing                                                                                                        |

## **Facilitator's Bios**

### **Da Motivator**

Marlo is a dynamic leader and a testament to the power of transformation. With a past that includes incarceration, he has emerged as a WINNER, exemplifying resilience and dedication. Over six years, Marlo held various key positions, including Chair, Vice-Chair, Co-Chair, Secretary, and member of the CAB, showcasing his leadership and commitment to community service.

As a three-time published author and professional motivational speaker, Marlo inspires others through his words and experiences. He is the host of the “I Used To Be A Criminal” talk show, where he shares his journey and empowers others to overcome their past. Marlo is also the CEO and founder of Marlo Da Motivator, LLC, a firm specializing in motivational speaking, book publishing, coaching, consulting, and counseling.

In addition to his motivational endeavors, Marlo is the CEO of Spooner’s Hauling LLC, a trucking company dedicated to safely hauling freight nationwide. His educational background includes a Bachelor’s Degree in Sociology, and he is widely recognized as an expert in achieving success after incarceration. Marlo’s story is one of redemption and success, making him a powerful advocate for change and personal growth.

### **Nicole Spooner, Confidante Coach**

Nicole is the visionary founder and owner of Gotta Vent To Live, where she excels as a Confidante Coach. Specializing in confidence coaching, overcoming shame, and guidance in Christian living, Nicole offers a sanctuary for women who need a trusted confidante. Her commitment to empowering women stems from her own journey through personal trauma and the absence of a supportive confidante during her formative years. These experiences propelled her to pursue a career in life coaching, culminating in her certification from the Life Purpose Institute in 2019. Additionally, Nicole is academically accomplished, holding an Associate of Arts in Sociology and an Associate of Arts in Liberal Arts with a focus on Social & Behavioral Sciences. Her blend of professional training, personal insight, Christian values and academic background uniquely equips her to uplift and inspire the women she coaches.