



Women's Retreat Returns to Longboat Key as Wellness Hits \$6.8 Trillion – and Women's Mental Health Slides

BE YOU Motivate's RADIATE pairs mindset coaching, longevity science, functional nutrition and personal style over two intimate days on Florida's Suncoast.

LONGBOAT KEY, FL, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- Most retreats ask women to escape their lives for a while. RADIATE asks them to return to their lives changed. [BE YOU Motivate](#) brings its two-day women's wellness retreat to Longboat Key, Florida, September 23–24, 2026 — a rare combination of mindset coaching, longevity science, nutrition and style work built specifically for women. Registration is open now at beyoumotivate.com.

RADIATE is built for women who don't have a week to disappear: professionals, founders, mothers, and women in transition who need two concentrated days on their health, direction, and self-presentation. It's an established program on Florida's Suncoast after launching in California in 2023.

The timing tracks a broader shift: the global wellness economy hit a record \$6.8 trillion in 2024, outgrowing global GDP, per the Global Wellness Institute — and despite 50 years of social and economic progress, women's well-being fell relative to men, per a 2025 Science Advances study. It's why RADIATE treats connection as programming.

"RADIATE is two days to step away from the noise of everyday life and reconnect with yourself and other women," says co-founder Kim Wise. "It's about wellness, laughter, meaningful conversation, reflection and inspiration—and leaving with a renewed sense of who you are and who you want to become."

FIVE PROGRAM THREADS ACROSS TWO DAYS

- Movement and mindset. Yoga, stretching, guided reflection and BE YOU Motivate's signature transformation work, led by founders Kim Wise and Krista Flynn.

- Longevity and biohacking. A session with Dr. Tracey Norman, a holistic chiropractor, yoga instructor, wellness educator and founder of Sanctuary of Life in Sarasota. Drawing on two decades of nervous-system-centered practice, she covers gut health, recovery and nervous-system regulation, including the Biomat.

- Beauty and nutrition. A working conversation with Stanford-certified nutritionist and Beauty f(x) founder Denise Manning on functional nutrition and edible beauty — from high-protein formulation and marine collagen peptides to biotin and clinically studied ingredients, plus nutrition considerations for women on GLP-1 medications, with its use on the rise (Gallup).
- Style and self-expression. A session with couture designer [Birgit C. Muller](#), a three-time Daytime Emmy Award winner for costume design, on how color, silhouette and self-knowledge combine — treating personal style as self-definition, not decoration.
- Connection and community. The group stays deliberately small, and unstructured time is scheduled rather than left to chance — connection isn't a by-product here. It's programming.

THE SETTING

Longboat Key is a barrier island northwest of Sarasota. Exact venue details are shared privately with confirmed attendees. "I believe one of the most powerful wellness tools we have is connection," says co-founder Krista Flynn. "RADIATE creates the kind of room where women can step out of their routines, meet other women in the same season of life, and leave feeling more energized about what comes next."

PRACTICAL DETAILS

The Radiate Retreat runs across two full days, September 23 and 24, 2026. Retreat experiences and lunch/dinner are included; travel and accommodations are not. Registration is open at [beyoumotivate.com](#) under Retreats, with a non-refundable \$250 deposit due at booking. Sponsorship and partnership opportunities are open and handled directly by the organizers.

ABOUT BE YOU MOTIVATE

BE YOU Motivate is a women's wellness, fitness and personal-transformation platform founded by Kim Wise — a sales and motivation coach, certified yoga instructor and former NFL Indianapolis Colts cheerleader — and Krista Flynn, a wellness coordinator and former Zumba instructor. Together, they combine mindset coaching, movement, nutrition and community to help women reset, recharge and become the fullest version of themselves. Beyond its retreat program, BE YOU Motivate offers fitness and yoga experiences, mindset and nutrition challenges, a twelve-week program and a membership community. More at [beyoumotivate.com](#).

NOTES TO EDITORS

Approved high-resolution photography from prior retreats is available to accredited media on request. Interviews with the founders and participating speakers can be arranged ahead of the

retreat, and limited media access to the September dates can be discussed. Please direct sponsorship and partnership inquiries to the media contact below.

MEDIA CONTACT

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