



WOMAN EXPLORE

Frequently Asked Questions

KRISTINA GEORGE ACA AGENT RETREAT, NASHVILLE

How much do I need to pay to secure my place on the retreat?

Full payment is required at the time of booking to secure your place and ensure it is not offered to another guest. For full details, please refer to WE Group's [Terms and Conditions](#).

When is the remaining balance due?

As this retreat requires full payment at the time of booking, there is no remaining balance. All costs are paid upfront so accommodation, workshops and inclusions can be confirmed in advance to ensure a seamless experience for every guest.

Can I stay extra nights at the hotel or arrive earlier than the retreat start date?

Yes, if you'd like to stay additional nights you can email the team at WE Group on hello@womanexplore.com and they will coordinate your requirements with the hotel and confirm the additional costs. Dependent on availability.

Can I bring my partner with me?

Yes. Non-retreat guests can share a room for an additional fee. However, if they wish to attend any sessions, they must be registered as full retreat guests. Please reach out to the team at WE on hello@womanexplore.com for costs and availability.

If needed, can I join the retreat after it starts or leave early?

Yes, you can join late or leave early. Contact the team at WE on hello@womanexplore.com for further information.

Where do I fly to in to Nashville to join this retreat?

You'll need to fly into Nashville International Airport (BNA). It's the closest airport to Kimpton Aertson Hotel and only a short drive from mid-town Nashville. Once your flight is booked, please make sure to add your travel details to our [Traveller Details Form](#) for safety purposes.

How do I get from the airport to the hotel?

The easiest way to reach Kimpton Aertson Hotel from Nashville International Airport (BNA) is by taxi or rideshare (Uber or Lyft). The journey typically takes 20–25 minutes, depending on traffic. Rental cars are also available. For assistance, contact the WE team on hello@womanexplore.com.

What time can I check-in to the hotel?

Guests can check in from 4:00 pm. If you arrive earlier, you're welcome to drop your bags at reception and relax in the lobby or explore the surrounding mid-town neighborhood.

Is there Wi-Fi at the hotel to stay in touch with family or my business?

Yes. Complimentary Wi-Fi is available throughout Kimpton Aertson Hotel, including guest rooms and public spaces. Mobile reception is strong throughout the property, so you can remain connected as needed.

Do I need travel insurance?

All guests attending a WE Group Retreat are required to either:

- Purchase comprehensive travel insurance
- Rely on existing medical/travel cover, or
- Accept full responsibility for traveling uninsured.

WE Group operates with trusted, certified global partners but cannot guarantee coverage for every individual's circumstances. For your peace of mind, we strongly recommend choosing travel insurance that covers delays, illness, injury, and baggage loss. Your choice must be confirmed via the [Traveller Details Form](#) prior to attending.

Are there any age restrictions to attend this retreat?

To attend any WE retreat, guests must be over 18 years of age.

What time is check-out on the last day?

Check-out is at 11:00 pm. If your flight departs later in the day, you are welcome to store your bags at reception and enjoy the hotel's amenities until you leave.

What should I pack for my trip to Nashville?

For the March retreat, Nashville typically offers cool early-spring weather. Pack light layers such as long-sleeve tops, sweaters, and a jacket for cooler mornings and evenings. Comfortable walking shoes are recommended, along with anything you need for sessions, casual dinners and downtime. Don't forget toiletries, medications, chargers and a refillable water bottle.

What is the weather like in Nashville?

In March, Nashville enjoys cool and pleasant weather with temperatures ranging from around 43°F to 63°F (6°C to 17°C). While days are generally mild, mornings and evenings can feel brisk, so light layers are recommended.

Can I bring my laptop to sessions?

We ask that you don't. This retreat is designed to help you work on your business, not in it. Bring a device for note-taking if needed, but please leave client work outside the session rooms.

What's Kristina's teaching style?

Straightforward, honest, and all-in. Kris won't hold back or try to upsell you on coaching programs. This is real education, real strategy, and real support — without the sales pitch. Be sure to bring your questions, your challenging client cases, and a mindset ready to grow.

What facilities and amenities are available at the Hotel?

Guests can enjoy free Wi-Fi, a 24/7 fitness center, a rooftop pool deck, in-room yoga mats and complimentary morning coffee service. The hotel sits in Nashville's vibrant mid-town district, close to restaurants, music venues and cultural landmarks.

Am I required to tip in Nashville?

Yes. Tipping is customary in Nashville. At restaurants, a 15–20% tip is standard. For rideshare or taxi services, tipping 10–15% is typical. In cafés, \$1–2 is appreciated but not required. Tipping is optional but widely considered a gesture of appreciation for good service.

What power points or plugs are used in Nashville?

Nashville uses standard North American plug types—Type A and Type B—with a voltage of 120V. If you're travelling from outside the United States, you may need an adapter and possibly a voltage converter, depending on your devices. Always check your electronics for voltage compatibility. You can access more information [here](#).

What if I missed some of the retreat activities, can I get a refund on those?

Unfortunately refunds are not able to be given for missed services or unused portions of the retreat. This is because most activities, accommodation and events are paid for well in advance of the trip.

Can I transfer my booking to another trip?

Transferring to another retreat or retreat date may be possible, with requests required in writing at least 120 days prior to departure. Any price difference must be paid by the customer.