

Retreat Center Visit Information & Questionnaire

Email to Jen@antion.com or fax to 757-431-2050

Retreat center phone 757-431-1366

Tom's Cell 301-346-7403

Your name: _____

Your Email: _____

Partner / Roommate name: _____

NOTE: Partner / Roommate *must* fill out their own form. It is very likely that your partner / roommate has different skills, needs, wants, preferences and ideas of what he or she wants to accomplish. We want to be totally prepared to give you a WOW experience in line with your goals.

Your Address – City, State, Zip:

Your Phone: _____

Your Cell: _____

Your Fax: _____

Partner / Roommate Address – City, State, Zip:

Partner / Roommate Phone: _____

Partner / Roommate Cell: _____

Partner / Roommate Fax: _____

Partner / Roommate Email: _____

When it comes to Internet marketing do you consider yourself . . .

_____ Beginner _____ Intermediate _____ Advanced

With regard to operating your computer do you regard yourself as . . .

_____ Beginner _____ Intermediate _____ Advanced

With regard to searching on the Internet do you regard yourself as . . .

_____ Beginner _____ Intermediate _____ Advanced

What do you want to accomplish on your visit?

Is there one specific skill you want to leave with? Or, do you need an overall education. Make sure you let Tom know so he can be prepared to help you with that skill.

How hard do you want to work while you are here? We can make your learning pace as leisurely or as intense as you like. There are plenty of things to do at the retreat center, (library, tutorials, hot tub, biking, workout room, theater, swimming, tennis) or we can help you arrange a shopping trip, deep-sea fishing, and time at the beach, etc. Or you can just hang out and sleep all day in a cool house with cool people. It

doesn't matter to us. This is your weekend. Let us know what you think you prefer. We realize that your thoughts may change once you arrive, but just give us a feel for what pace best suits you.

Breakfast-Served and refer to "Breakfast Agenda" for details

Lunch-Ordered from a local Bistro, you will be provided a menu upon arrival to choose your daily lunches.

Dinner-Friday and Saturday we will be dining out. On Sunday we will order in or occasionally dine out.

Our one planned meal away from the house is at Captain Georges Seafood Buffet. This is one of the finest buffets in the world. All the food that we tested (and Tom tested it all) is of very high quality unlike many other buffets. They also have steak, chicken, salads and truly something for everyone. If this does not suit you, we will be happy to arrange dinner for you elsewhere. **Keep in mind that during the time we are away at dinner the house will be closed and secured so you will not be able to stay in the house during the dinner hours.** Our other lunches and dinners will be eat in or eat out with delivery from Gourmet area restaurants, or catered. When you arrive here at the retreat center you will be given menus and an order form to choose the other lunches and dinners.

Do you have any specific allergies? Y N If yes, please explain.

Note: If you have chosen to stay at the retreat center we use high quality down filled comforters and pillows. Please let us know if that causes you a problem so we can make the appropriate adjustments in your room. Also, we use bromine to sanitize our hot tub and chlorine to sanitize our pool. Also, you should know that if Tom cooks, food will be burned beyond all recognition and clearly no bacteria could survive.

What is your favorite snack that you would like? We will try our best to accommodate you. **Note:** Tom at his home does not serve Alcohol. He is allergic. You may bring alcohol, but since Tom owned a nightclub for six years and is a skilled bouncer, make sure you imbibe in moderation. 😊

We serve you breakfast, lunch, and dinner so please only put down what you would eat in-between meals, we already provide snacks that are set out daily for everyone.

Breakfast Agenda: Since this isn't the Ritz, don't ask for eggs benedict or anything that has the word "compote" in it hahahaha. Here are some preferences available between 9:00 AM and 10:00 AM. Early risers can raid the refrigerator and make whatever they want. Monday morning breakfast is grab what you can. Note: Some breakfasts will be continental style and subject to change.

Friday, Saturday, and Sunday Breakfast:

Occasionally we will change the breakfast up a little but generally we serve:

French Toast, Pancakes, Biscuits, or Waffles, Scrambled Eggs, Bacon or Sausage, Regular and/or Decaf Coffee

If you have different dietary needs and will not eat these breakfast items, please list below what you prefer for Breakfast.

What are your beverage preferences?

Do you smoke? Y N We will have a designated outdoor spot for smokers and since this is Tom's home, smoking rules are strictly enforced. Please don't create an uncomfortable situation for yourself and the other guests by violating our non-smoking policy.

Can you swim? Y N We have a pool and want to make sure all normal pool safety precautions are observed.

Is your computer a . . . Mac or PC?

Are you bringing a laptop? Y N

Do you have a wifi card or wireless Internet capabilities built in to your computer? Y N (Our complete retreat center both indoors and out is high speed wireless Internet equipped.)

Do you have a brick and mortar store? Y N (This is a physical store or kiosk where you sell your products and services and does not mean a home based business unless customers actually come to see you)

Do you currently sell on the Internet? Y N If yes, what products and services are you selling? If no, what products and services do you think you want to sell?

Do you have an ezine? Y N If yes, how many subscribers?

Do you have a list management company? Y N

Do you have a blog? Y N

Do you have a shopping cart? Y N

Do you have a merchant account? Y N

Can you update your website yourself? Y N

Travel:

From where will you be flying originally? _____

From which airport will your last connection flight be? _____

What is the name of the airline? _____

What is the flight number? _____

What time are you supposed to arrive? _____

What time are you supposed to depart? _____

Contact # while traveling? _____

Cell phone # (s) _____

Approximately how many bags will you have? Baggage Claim: _____

Emergency contact name and phone number _____

Other _____

NOTE: If you are being picked up at the airport, we will meet you at the bottom of the escalators in the baggage claim terminal.

Directions

Tom Antion’s home, AKA Great Internet Marketing retreat center, is located 15 minutes from Norfolk International Airport. In case of a transportation glitch, here are instructions to reach our facility. Take a cab and you will be reimbursed for the ride.

64 East to 264 East (this will be a right hand exit – don’t be fooled when you see a left hand exit sign) **264 East to Rosemont Exit.18**

Left at bottom of exit on to **“Rosemont Rd.”**

¼ Mile Right on **“Rt. 58 Virginia Beach Blvd.”**

¼ Mile Left on **“Little Neck Rd.”**

Go about 1 mile and watch for Flashing lights and a fire station on your left

Go a couple more streets and turn right on **“Harris Rd”**

½ Mile Right on **“Kline”**

Go around sharp bend to left and then left on **“Sergin Ct.”**

House is **3105 Sergin Ct.** It is the entire end of the Cul de Sac. Either gate is OK.

Phone number is 757-431-1366 Note: Cell phone coverage is not good near the house.

Tentative schedule for the weekend.

Note: This schedule is entirely flexible based on the needs of our small group of participants. When you see the term “Free Time” this would be a time when gung ho participants would be working on individual projects and more leisurely paced participants are enjoying our amenities and relaxing.

Thursday afternoon/evening

Arrive at airport no earlier than 3:00 PM (we will not be ready to receive you at the house before then – Limo will pick you up.)

Home tour

Orientation Snacks and light sandwiches

Free time, hot tub, pool, library, sauna, and workout

Friday:

9:00 AM – 10:00 AM Breakfast

10:00 AM -10:30 AM Computer Shortcut class

10:30AM -11:00AM The Big Picture

11:15 AM – Noon Search Engine and Directory Strategy

Noon - 2:30 PM Lunch and Free Time

2:30 PM – 4:00 PM Website Sales Process, Shopping Carts and Copywriting

4:00 PM -5:30 PM Free time Library, listening room, Pool, etc.

5:30 PM Depart for Dinner at Capt. Georges Restaurant

8:00 PM – 9:00 PM Brainstorm Session

9:30 PM Movie in our Home Theater or free time

Saturday

9:00 AM – 10:00 AM Breakfast

10:00 AM – 11:00 AM Web Audio

11:15 PM – Noon Email Mechanics

Noon – 2:30 PM Lunch and Free Time

2:30 PM – 3:30 PM Spam Avoidance and Email Promotions

3:30 PM – 4:00 PM Ad Copywriting

4:00 PM – 6:30 PM Free Tutorials

6:30 PM – 8: 00 PM Working Dinner (Product Brainstorming)

8:15 PM – 9:00 PM E book Production

9:30 PM DVD Concert in our Home Theater or free time

Sunday

9:00 AM – 10:00 AM Breakfast

10:00 AM – Noon Product Development, Packaging and Fulfillment

Noon – 2:30 PM Lunch and Free Time

2:30 PM – 3:15 PM Web Page building tips

3:30 PM – 4:00 PM Copywriting

4:00 PM – 6:30 PM Free Time

6:30 PM - 8:00 PM Working dinner and plan of action brainstorming

9:30 PM Movie in our Home Theater or Free Time

Monday

9:00 AM – 10:00 AM Breakfast (No Formal Breakfast - grab whatever you want)

Depart by 10:00 AM

10:01 AM Tom collapses hahahaha