



# Reset Retreat

## Overview

- 2 day immersive Retreat (Midlands)
- 8-10 participants
- Strengths Profile
- 1 x personal Coaching session
- £995 per participant

## Agenda

Day  
1

- Gentle yoga & meditation
- Authentic self / leader
- Bold self / leader
- Co-Coaching (*walking coaching*)
- Personal journaling & reflection

Day  
2

## Agenda

- Gentle yoga & meditation
- Writing the Next Chapter
- Future Self & Visualisation
- Co-Coaching (*walking coaching*)
- Personal journaling & reflection
- Personal action planning

## Highlights

- A safe, non-judgemental space
- Support & encouragement
- Peer-to-peer & group Coaching
- Peer-to-peer learning & networking
- Relaxation & renewal
- Time for personal reflection



## Delivery Methodology

- Best practice theory, tools & techniques
- Facilitation & discussion
- Coaching skills practice
- Interactive, insightful & supportive learning environment

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Get in  
touch



# Reset Retreat

## Testimonials

*“I had the pleasure of attending the first Reset programme developed and run by Gemma & Lisa.*

*The environment was amazing, and all delegates soon connected despite having not met before. This was a result of the approach they took and the content rich topics that facilitated us to connect, share experiences and support each other.*

*I would highly recommend this course for anyone looking to reset and think deeply about their purpose, goals, and ambitions. I came away feeling energised and refreshed.*

*Well done – I have no doubt that this programme will be a huge success for women in leadership across any sector.”*

*“The programme was well structured and provided me with all the necessary tools and techniques to a more confident leader.*

*Lisa & Gemma were highly knowledgeable and experienced, and they provided valuable insights and practical tools that I have already started implementing into my work. Not only did I learn valuable skills, but I also gained a deeper understanding of myself in my professional capacity.*

*I would highly recommend this programme to help to enhance your skills, it is truly an investment in yourself and your future.”*

*“The programme is an excellent opportunity to press pause on the hustle and bustle of life and devote some protected time for reflecting on where you are in your career, where you want to be and how you might get there; you are introduced to coaching methods, principles and tools to help you draw out goals and really think about any changes you want to start introducing, this doesn't have to be a huge life change but could also be about subtle changes to how you approach people and problems at work and how you communicate.*

*It was an invaluable experience, and I met some lovely, genuine people who were happy to share their own journeys and aspirations.*

*Gemma & Lisa created a really safe, supported, and authentic environment and I took a lot of newness away with me.”*





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## Testimonials

*“The Next Chapter – The Reset Programme came at a good time for me when facing some personal and professional decisions about my next steps. It was a pleasure to meet other delegates who brought different experiences and insight, which were shared in a safe and non-judgemental environment. The sessions were expertly led by Gemma & Lisa, who put us at ease quickly through the various activities and by sharing their own experiences throughout the programme.*”

*I found out more about myself through understanding my strengths and by developing confidence in my abilities. The sessions were very thought provoking and the varied format suited different styles and preferences, including smaller group work and the creative activities.”*

*“This programme really forced me to consciously address areas where change has been needed for a long time.*”

*Lisa & Gemma gently ease you into introspection without overwhelm and the reflections around mindset have lingered long after.”*

*“I found the Reset Programme insightful as it has helped me to continue to unlock my thinking, the content was varied in equal measures of what was comfortable and what takes you out of your comfort zone. Which was exactly what I needed to reframe and rest where my thinking was at.*”

*I found the workshop a safe space to share experiences and stories with fellow professionals to help me and others continue to grow and learn. The take aways and techniques from it, I have continued to explore and use.*

*Gemma & Lisa bring experience, insight and understanding, building skills over the workshop, whilst continuing to share their stories in a very personable way. I loved the way they manage to create an environment of trust and support so quickly with the group, enabling everyone to share openly and explore their own vulnerability.*

*A thoroughly enjoyable and challenging workshop, delivered with practical tips and techniques.*

*Thanks for the insights that you both bring to professional services.”*

