

*"If values are the
compass, then we
need a bold vision
that helps us live
a more
meaningful life"*

Dr. Luana Marques



PAUSE, REFLECT & ALIGN

Women in Business Coaching Retreat

A Day of Transformation and Self-Discovery

THURSDAY, OCTOBER 5TH, 2023

***POWERSCOURT SPRINGS HEALTHFARM,
ENNISKERRY, CO. WICKLOW***

10.00AM - 6.00PM

***Have you ever wanted to take a step back from the hustle and
bustle of your busy life, reflect on where you're at and reconnect
with your inner self and values?***

***Are you seeking to strike a better balance between your
demanding leadership role and personal growth?***

***Imagine spending time away in nature, offering the perfect
backdrop to reset, find clarity, and bring harmony to your
personal and professional journey.***

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A Safe and Supportive Space to Pause, Reflect & Align

WORKSHOP HIGHLIGHTS

Guided by Karen & Olwyn, Advanced Coaching Practitioners who have navigated similar paths.

Begin your transformative journey with a peaceful forest meditation. Allow nature to ground you, as you embark on your introspective exploration.

Discover what truly matters to you and explore how your values influence your professional and life choices.

Gain insights into the systems and structures that shape your professional and personal life. Assess how these systems align with your values and explore ways to bring them into harmony.

Our retreat is not just about your personal growth and development, but also an opportunity to form lasting connections with other females from diverse businesses.

PLACES LIMITED TO 18 FEMALE PARTICIPANTS

Programme

*This retreat has been designed and curated by
Olwyn Delaney and Karen Walsh,
Advanced & Accredited Practitioners in Business &
Executive Coaching.*

10.00am	Arrivals
10.15am	Short guided forest meditation
11.00am	Welcome Talk
11.15am	Session 1: Exploring Values and Purpose – How They Influence Our Professional and Life Choices.
1.00pm	Lunch
2.00pm	Short guided mindfulness activity
2.15pm	Session 2: Gain insights into the systems and structures that shape your personal and professional life.
3.30pm	Session 3: Group and self-reflection
4.15pm	You Time – enjoy the use of Pool Hot Tub Sauna

BOOK HERE

Elevate Your Professional & Personal Journey

*Your Comfort and Confidence Matter Most at the
Women in Business Coaching Retreat.*

We're Here for You.

Reach out to us via email



Olwyn: olwyn@olwyndelaney.com

Karen: karenwalsh100@gmail.com

Accommodation is available at the Powerscourt Springs Health Farm (single and double rooms available). There are a wide range of spa treatments available. Please bring flip flops + swimsuit for use in the Pool area

*Book directly with Powerscourt Springs Health Farm
Email: hello@powerscourtsprings.ie | PH: 016582360*