

# Schedule

## Thursday

- 4:30pm Guests start arriving
- 6:30pm Drinks
- 7:00pm Dinner
- 8:30pm Welcome ceremony

## Friday

- 7:30am Breakfast (served till 9:00)
- 9:30am **Workshop 1:** Let's get started - checking in and looking back
- (11:00am Tea break)
- 12:30pm Lunch
- 2:00pm **Workshop 2:** Uncovering your values for better business alignment
- 3:30pm Free time: massages, one-to-one sessions and creative exercises
- 7:00pm Dinner

## Saturday

- 7:30am Breakfast (served till 9:00)
- 9:30am **Workshop 1:** Looking forward - cultivating connection and putting your values in action
- (11:00am Tea break)
- 12:30pm Lunch
- 2:00pm **Workshop 2:** Setting intentions for business, marketing, and more
- 3:30pm Free time: massages, one-to-one sessions and creative exercises
- 7:00pm Dinner

## Sunday

- Brunch served to order 8:00am till 11:00am
- Optional trip to Gloucester
- 12:30pm Light lunch
- 2:00pm **Final Workshop:** Prioritising, calling in, and wrapping up
- 4:00pm Free time: massages, one-to-one sessions and creative exercises
- 7:00pm Dinner
- 8:30pm Closing ceremony

## Monday

- 7:30am Breakfast
- 9:30am Departure time!

|             |                                 |
|-------------|---------------------------------|
| Message:    | Friday/Saturday/Sunday at _____ |
| One-to-one: | Friday/Saturday/Sunday at _____ |