

Let Go!

BALI RETREAT

Thursday 8th - Monday 12th August

Day 1 - Thursday 8th August

Welcome to Bali!

Our driver will meet you at the airport and transfer you to the brand new The Mahata Legian where you'll check in to your private deluxe room – your home for the next few nights.

Your driver will be waiting outside the airport. Your name will be displayed on a sign. (Please ensure you have given your flight details to Katrina so she can organise your pick up).

If you arrive in time for cocktail hour we'd love you to join us in the cocktail lounge!



Day 2 - Friday 9th August

Let the fun begin, it's SPA day!

The day starts as you choose, with breakfast included at our hotel. Katrina is very likely to have a very leisurely start to the day – a lay in then a relaxed breakfast. Whereas Morgan, will probably have taken a walk before breakfast!

At 10 am we'll meet for our first personal growth workshop session which will be followed by a delicious Balinese lunch.

For those of you unfamiliar with the area, perhaps it's your first trip to Bali (how exciting!) Katrina will be our tour guide for a quick walking tour of the local area so we can get our bearings – including a trip to a trusted money changer. There might even be time for a spot of shopping.

Day 2 - Friday 9th August (continued)

In the afternoon we'll enjoy our **decadent spa session** with a Natural body scrub and Balinese massage, taking time to completely relax.



After our first day your evening is your own. Katrina has made reservations at one of her favourite restaurants and you are more than welcome to join us for some delicious food – if you have any room left! Dinner is at your own expense.



Day 3 - Saturday 10th August

Sleep in as much as you like!

After breakfast (taken at your leisure), You'll have the whole morning to do as much or as little as you like! This is the day to sleep in, laze by the pool, walk/swim at the beach, or do a bit of sight seeing or shopping. Katrina will be happy to help you organise any activities you'd like to do.

Meet us for lunch and then it's time for another insightful personal growth workshop session with Morgan. After the session the rest of the day is yours to spend as you wish.

Dinner is at your own expense, and you are very welcome to join Katrina and Morgan at one of their favourite restaurants.



Day 4 - Sunday 11th August

Celebration Dinner today

After another leisurely breakfast, we'll meet at 10am for our last personal growth workshop session, followed by a group lunch at the hotel. The afternoon is yours to enjoy as you wish.

We'll meet again in the evening to enjoy a wonderful celebration dinner together.

Day 5 - Monday 12th August **WooHoo! Free Day!**

For those of you lucky enough to enjoy the Early bird option you'll have another full day to relax or explore. There are so many amazing ways to fill your day, just let Katrina know what you are interested in and we'll see what we can do.

If you are leaving today, airport transfers will be arranged.

Departure Day Monday 12th or Tuesday 13th August

You'll be feeling relaxed and refreshed knowing you now have the strategies in place to set you up for success, to create and maintain a balance that works for you.

Personal Growth Session 1

Why do I do what I do? Are my patterns & habits serving me? What changes do I need to make to be at my best? What values are calling to be lived more fully? This session is about growing your awareness of why you do what you do. with awareness you can choose to do something different!

We'll build your understanding of what drives your habits and patterns, those mindsets that are serving you, and those that are getting in the way! Which new empowering mindsets will unlock the best you? For those who have attended past retreats we'll dig further into the power of your values, how they can support you to get past blocks and barriers.

Personal Growth Session 2

What are the tricky choices I need to make to be at my best? Am I clear on my Purpose? Am I living the life I want, or the life I should? How do I let go of self-doubt, step into my power, and feel energised and fulfilled every day? This session is all about what to let go of, and what to keep. We'll be exploring what's important to you, what's your genius zone, and what you love to do?

We'll take some time to create clarity, and connect with your Purpose. What are the future possibilities for you? What choices do you need to make to be at your best, follow your dreams and find success.

We'll use your new awareness from session one to connect with the mindset, patterns, and values that will unlock those possibilities.

Personal Growth Session 3

How do I make it happen? What will keep me on track despite life getting in the way? How do I keep my cup full and be at my best? This session will focus on creating new patterns and actions to set you up for success.

We'll work together to deepen your insights from session one and two. Identifying a small number of powerful actions that will be the key to creating the future you want.

We'll work together to create a plan for your long term goals and a 30-day plan to put your learnings into action, and kick-start your growth.



Hosted by:
Katrina Rogers (The Travel Desk) and Morgan Holmes (Unlocking U)