

Let Go!

DUNSBOROUGH RETREAT

Thursday 20th - Sunday 23rd June

Day 1 - Thursday 20th June

Welcome to Dunsborough!

Make your own way to Dunsborough, arrive any time after 4pm. You could make a day of it, and explore the South-west a little before joining us at the fabulous Dunsborough Beach Cottages

We'll have a nice relaxing start to our retreat.

Join us for a casual dinner and wine (or whatever you choose) while getting to know each other.



Day 2 - Friday 21st June

Let's get in to it!

The day starts as you choose, with a casual breakfast, and maybe you'll take a walk along the beach?

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 lunch at our beach cottage and a break before we dive into our second personal growth workshop session mid-afternoon.

There will be plenty of time today for you to socialise or take time-out just for you to ponder and relax. We'll share a casual dinner at our beach cottage.

Day 3 - Saturday 22nd June

Explore and Taste Tour day!

This morning you'll have plenty of time for a relaxing breakfast and walk along the beach, then we'll dive into our last insightful personal growth workshop session with Morgan.

After the session it's time to chill out and enjoy someone else driving around the wonderful South-west. We'll explore some of amazing places in Margaret River and Dunsborough, visiting:

Happs Winery and Commonage Pottery
Vasse Virgin and The Grove Distillery
Yallingup Chocolate and Coffee
Wildwood cheese and AbbeyVale Wines

Day 4 - Sunday 23rd June

Last Day!

After another relaxing morning and leisurely breakfast, it's time to pack our bags and check-out by 10am for the drive home.

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:

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