

COACH YOURSELF TO SUCCESS

MAJORCA 1st—8th October 2011



An Inspirational Coaching Retreat

Join us for a life changing week of personal coaching, workshops and 'me' time in a wonderful contemporary villa in a beautiful spot in northern Majorca.

If you have big decisions to make, are looking for answers to personal or professional issues, or you want to make changes in your life, this is a great opportunity to get on the right track.

What will we be doing?

The programme goes like this. Everyone arrives at Villa Serrania on Saturday 1st October, any time from 3pm. Our group will be no more than 14 people. Once you've settled in, we'll give you a short introduction to the week ahead. Then we'll all have dinner and relax!

Starting on Sunday, we'll hold [workshops](#) in the mornings, which will give you time to think, share ideas and start taking practical steps towards your goals. Then we'll have lunch together and you're free to do your own thing in the afternoons. We'll meet up for drinks and dinner in the evening.

[Individual coaching sessions](#) will take place in the afternoons. Everyone will have the opportunity to book in for a 60 minute individual coaching session, plus you'll have a [telephone coaching session](#) with your coach on your return.

On your afternoons off you can potter around the local markets and towns, go to the beach, or go for walks on the many trails through the mountains.

Maybe you'll want to chill out by the pool and have some quiet 'me' time. You might team up with others or you might prefer to do your own thing. Any which is way is fine, just do what works for you.

If you'd like to do anything specific, such as a guided hike, kayaking, horse riding or a vineyard tour, we can arrange it for you. You can also book on-site therapy treatments with a local therapist, availability permitting. Remember that any extra activities are at your own cost.



Your Journey to Success

[Coach Yourself to Success](#) is an inspiring and powerful personal development programme based on the approach we use with our clients in one-to-one coaching sessions and group workshops. So we know it works.

We'll help you to create your own path to reach your goal and make positive changes in your life. Perhaps you're at the beginning of your journey, you're already on the road to your goal, or maybe you've got stuck somewhere along the way. Wherever you are, we'll help you to move forward.

We'll show you how to set yourself achievable goals, create your own roadmap for success and return home confident in your ability to take the right steps to reach your goal.



What's included?

- 4 group workshops, themed around the journey above, plus a toolkit of resources
- A 60 minute individual coaching session with your coach, Cathy Summers
- A telephone coaching session with your coach on your return
- En-suite accommodation, all meals and wine / drinks with dinner

Taking time out is good for you..!

If you're wondering why we've scheduled in 'time off', here's why. The workshops and coaching will help you to get a fresh perspective and open up new possibilities for yourself. You will find it insightful, motivating, confidence building and life-enhancing, but at times it may be stretching and challenging.

Spending time in an inspirational environment is a planned part of our programme. It's also important for you to take time out - to relax, re-energise, reflect or just go off and do something fun or a bit different.

Being in such a wonderful setting and enjoying yourself will have a positive and uplifting effect on you (which is why we do it). And it will help to unlock your openness, creativity and resourcefulness.



Location, Accommodation and Food

Villa La Serrania is set in a peaceful valley, close to the lovely old market town of Pollensa and only half an hour from the coast. The villa and gardens are beautiful, with plenty of quiet corners to enjoy the tranquillity. You can walk from the villa into the surrounding countryside or take walks along the picturesque lanes. Breakfast, lunch and dinner (and wine with dinner) are all included in your stay. The food is delicious and includes vegetables and herbs grown in the garden. Special dietary requirements can be catered for.



Getting there

You can fly to Palma from regional airports in the UK with many airlines, including Easyjet, Ryanair, Flybe and British Airways. Villa La Serrania is 15 minutes from Pollensa and an hour from Palma by road. Car hire is relatively inexpensive and we can give you information about taxi transfers if you need it.

Your Retreat Facilitator and Coach – Cathy Summers

I'm an executive coach and I work with clients in the private, public and not-for-profit sectors. I've also worked in all these sectors myself. After becoming a professional coach 6 years ago, I founded Inspired 4 Life Coaching. I have a Masters Level Postgraduate Diploma in Executive Coaching & Leadership Mentoring and I'm a member of the ICF.

I've coached men and women from all walks of life and I know what makes some people more successful than others in reaching their goals. I know from personal experience, and from working with my clients, how much of a struggle it can be to make changes in our lives. I also know how inspiring and rewarding it is to actually do it.

I'm here to help you choose the path that's right for you, to make the most of your innate strengths and talents and to help you get on the path to achieving your goals .

Price

£850 per person sharing an en-suite twin room

£995 per person for single occupancy of an en-suite double or twin room

Flights not included. *5% discount for places booked by the end of June.*

How do I book?

Call us on [01747 830758](tel:01747830758)

Email us at info@inspired4lifecoaching.co.uk

Or you can reserve your place online at
www.inspired4lifecoaching.co.uk/destinations.aspx

£200 deposit payable on booking to secure your place

