

## CASE STUDY: RESET RETREAT

An opportunity to pause, reflect & plan with authentic intention

What?

A 2-day retreat in a beautiful rural setting in the Midlands. An immersive group experience for 8-10 participants designed to create a safe non-judgemental space for you to pause, reflect, explore and reframe. Aimed at professional women who are at a transition point - feeling a bit lost, stuck or needing courage to pivot. An opportunity to take time away from the hustle and bustle of life and immerse yourself in a space where you will feel heard, supported and inspired.

Why?

Myself & Lisa have coached lots of brilliant, intelligent and inspirational women over many years and have seen first hand how many of these women struggle with self-doubt, self-belief, imposter syndrome and/or confidence. We've also experienced the same ourselves personally so we know how it feels and how much it can get in the way of your brilliance and aspirations. We know what it's like to feel stuck or to self-sabotage. So, we wanted to create a safe, non-judgemental space for brilliant women to come into. Somewhere we can collectively share out stories to help normalise the 'imposter feelings', lean into our collective wisdom and insights, explore coaching tools and techniques to break free of limiting beliefs and move forward more bravely aligned to core values and strengths.

How?

Our Reset Retreat provides protected pause, guided self-leadership, collective intelligence, embodied thinking and translation into action:

- **Preparation** - a short individual preparatory reflective exercise
- **Day 1: Stepping Out & Looking In** - theme: awareness, permission, truth-telling
- **Day 2: Reframing & Moving Forward** - theme: choice, courage, direction
- **Next Chapter (Lean In) Community** - invitation to join a Lean In community for ongoing peer support and accountability

\*Includes a workbook and beautiful journal, gentle yoga/somatic movement and guided meditation.

# Outcome

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*"I had the pleasure of attending the first Reset Retreat developed and run by Gemma & Lisa.*

*The environment was amazing, and all delegates soon connected despite having not met before. This was a result of the approach they took and the content rich topics that facilitated us to connect, share experiences and support each other.*

*I would highly recommend this retreat for anyone looking to reset and think deeply about their purpose, goals, and ambitions. I came away feeling energised and refreshed.*

*Well done – I have no doubt that this retreat will be a huge success for women in leadership across any sector."*

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*"The Next Chapter – The Reset Programme came at a good time for me when facing some personal and professional decisions about my next steps. It was a pleasure to meet other delegates who brought different experiences and insight, which were shared in a safe and non-judgemental environment. The sessions were expertly led by Gemma & Lisa, who put us at ease quickly through the various activities and by sharing their own experiences throughout the programme.*

*I found out more about myself through understanding my strengths and by developing confidence in my abilities. The sessions were very thought provoking, and the varied format suited different styles and preferences, including smaller group work and the creative activities."*

**✨If you're feeling a bit lost, stuck or needing courage to pivot, take the first step towards aligning with your values, leaning into your strengths and living more intentionally. ✨**

