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THE NEXT CHAPTER: RESET RETREAT



A THREE-DAY RESET RETREAT FOR PROFESSIONAL WOMEN READY TO EXPLORE WHAT COMES NEXT

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INTRODUCTION

Sometimes, from the outside, everything looks fine. You are capable, experienced and used to getting things done. Yet somewhere along the way, you have lost sight of what you want, what matters most, or what might be possible for you now.

Perhaps your career no longer feels quite right. Your circumstances are changing. A chapter of life is coming to an end. Or you simply know there is more you want from your life and work, but you haven't had the space to work out what that means.



Pause
Reconnect
Re-author
Choose what's next

You don't need to arrive with all the answers.

You just need to be willing to pause and ask yourself some different questions.

The Next Chapter is a three-day immersive retreat for talented professional women at a point of change, offering space to reconnect with themselves, reconsider the stories that shape their choices, and explore what they want from the chapter ahead.



Not just time away - time to see things differently.

WHAT MIGHT YOU TAKE AWAY?

Your next chapter is yours to define. You might leave with:

- A clearer sense of who you are and what matters to you now.
- Renewed appreciation of your strengths, experience and capabilities.
- Greater awareness of the beliefs or patterns that have been holding you back.
- Fresh perspective on your career, ambitions, relationships or wider life.
- More confidence to make decisions and pursue what matters to you.
- Practical intentions and next steps to carry into everyday life.
- New connections with women who understand the value of taking time to reflect and grow.



Attenborough Nature Reserve (one of our venues)

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YOUR THREE-DAY JOURNEY

DAY 1 | Coming Home to Self

Pause → Notice → Reconnect

Step away from the demands of everyday life and create room to hear yourself think. Explore what matters to you now, recognise what has shaped your current chapter, and begin reconnecting with your values, strengths and needs.

DAY 2 | Re-authoring the Story

Reflect → Reframe → Reimagine

Examine the beliefs and assumptions that may be limiting your choices. Revisit your strengths and experiences, explore new possibilities and begin to imagine a different future for yourself.

DAY 3 | Owning & Leaving Differently

Choose → Commit → Move

Bring your insights together. Clarify what you want to take forward, identify the conversations or decisions that matter, and leave with purposeful next steps for the chapter ahead.

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IS THIS YOUR NEXT CHAPTER?

Are you navigating a transition, questioning what comes next or simply feeling ready for a different relationship with yourself, your work or your ambitions?

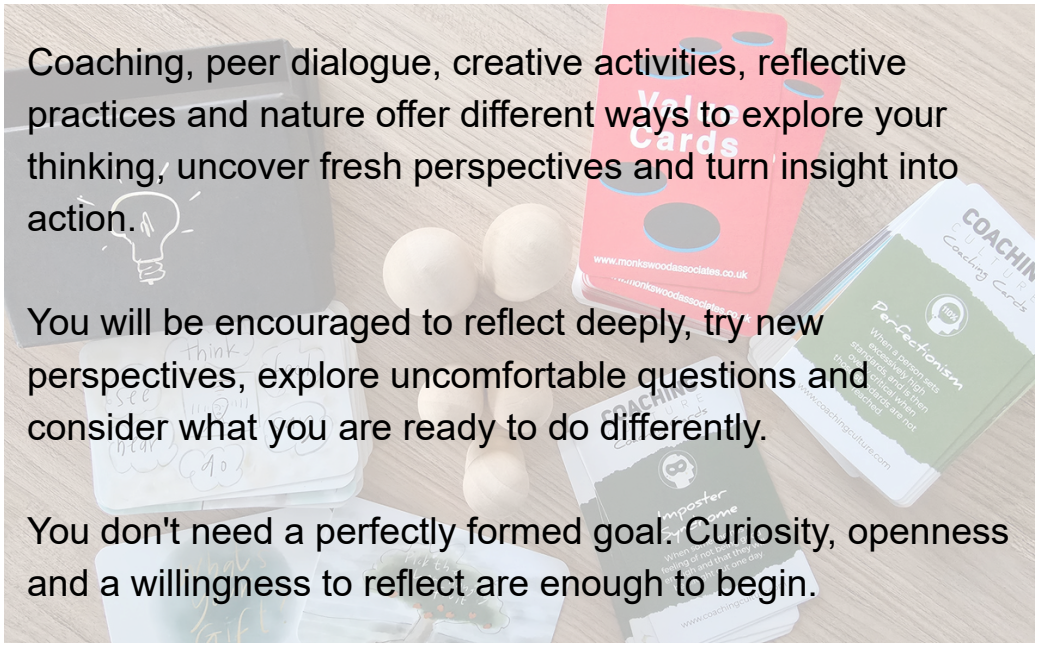
Every day, life asks something of us. Work, family, responsibility and the expectations we place on ourselves can leave little room to stop and listen to our own needs and ambitions.

The Next Chapter creates that space.

This isn't about fixing yourself or becoming someone else.

It's about looking beyond the assumptions, expectations and old stories that may have narrowed your view of what's possible, and reconnecting with the strengths, values and aspirations that are already yours.

WHAT TO EXPECT



Coaching, peer dialogue, creative activities, reflective practices and nature offer different ways to explore your thinking, uncover fresh perspectives and turn insight into action.

You will be encouraged to reflect deeply, try new perspectives, explore uncomfortable questions and consider what you are ready to do differently.

You don't need a perfectly formed goal. Curiosity, openness and a willingness to reflect are enough to begin.

Testimonials

I had the pleasure of attending the first Reset programme 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 course 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 programme will be a huge success for women in leadership across any sector.

★★★★★

This programme really forced me to consciously address areas where change has been needed for a long time.

Lisa & Gemma gently ease you into introspection without overwhelm and the reflections around mindset have lingered long after.

★★★★★

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."

★★★★★

Testimonials

I found the Reset Programme insightful as it has helped me to continue to unlock my thinking, the content was varied in equal measures of what was comfortable and what takes you out of your comfort zone. Which was exactly what I needed to reframe and rest where my thinking was at.

I found the workshop a safe space to share experiences and stories with fellow professionals to help me and others continue to grow and learn. The take aways and techniques from it, I have continued to explore and use.

Gemma & Lisa bring experience, insight and understanding, building skills over the workshop, whilst continuing to share their stories in a very personable way. I loved the way they manage to create an environment of trust and support so quickly with the group, enabling everyone to share openly and explore their own vulnerability.

A thoroughly enjoyable and challenging workshop, delivered with practical tips and techniques.

Thanks for the insights that you both bring to professional services.

★★★★★

The programme is an excellent opportunity to press pause on the hustle and bustle of life and devote some protected time for reflecting on where you are in your career, where you want to be and how you might get there; you are introduced to coaching methods, principles and tools to help you draw out goals and really think about any changes you want to start introducing, this doesn't have to be a huge life change but could also be about subtle changes to how you approach people and problems at work and how you communicate.

It was an invaluable experience, and I met some lovely, genuine people who were happy to share their own journeys and aspirations.

Gemma & Lisa created a really safe, supported, and authentic environment and I took a lot of newness away with me.

★★★★★

MEET THE TEAM



ACCREDITED EXECUTIVE COACH

GEMMA HOGAN & LISA ALLDEN

We are both Midlands-based experienced accredited coaches who undertake regular continuing professional development and professional coaching supervision. Our coaching practice is guided by the Association for Coaching's Global Code of Ethics.

Collectively, we bring:

- Personal lived experience of feeling stuck due to our inner critics and learning to lean into our inner coaches
- Significant senior leadership experience across multiple sectors
- Extensive experience supporting professional talented females
- Executive, career and leadership coaching expertise



On a personal level, we both love spending time with family, travelling, the arts, chocolate and cake. We bring our warm, relatable and fun selves to not only this retreat but in all of our coaching work. We're genuinely passionate about the power of coaching and love helping fabulous women reconnect with their purpose and confidence.

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START YOUR NEXT CHAPTER TODAY

You don't need to have a dramatic life change underway. Sometimes, the most important shift begins with giving yourself permission to consider what else might be possible.

When we have the courage to walk into our story and own it, we get to write the ending.

Source: Brené Brown

To find out about upcoming dates, our retreat settings, availability and investment, get in touch today.



Gemma Hogan

📲 +44 (0)7791 863092

📧 gemmahogan@talenta.me.uk

Lisa Allden

📲 +44 (0)7713 952864

📧 lisaallden@talenta.me.uk

www.talenta.me.uk