

# The Next Chapter:

## Reset Retreat



### A Transformational Journey for Women

A curated leadership and reflection experience for professional women seeking clarity, confidence and strategic vision. Over 3 immersive days in a supportive, nature-infused setting, you will engage in coaching, creative exploration, embodied practices, and peer dialogue to build forward momentum in your career and life.

In the midst of busyness, high-performing women rarely get space to reflect, reframe and recalibrate.

The Next Chapter is designed to create *intentional pause, deep reflection, peer-supported exploration, and actionable next steps* for career and life direction. Rooted in evidence-based coaching and enriched with creative and embodied practices, this retreat supports sustainable leadership rooted in self-understanding and confidence.



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## The Next Chapter - flow



### Coming Home to Self: *safety, awareness, permission*

- Pressing pause
- Embodied reset and meaning-making
- Peer coaching walking
- Integration
- Evening meal & group reflections



### Re-authoring the Story: *reframing, strength, choice*

- Strengths & confidence reframed
- The next chapter
- Skilful courage
- Connection & celebration
- Evening meal & group reflections



### Owning & Leaving Differently: *courage, voice, commitment*

- Embodied confidence
- Voice & boundaries
- Integration & commitment
- Peer coaching walking
- Confidence impact

### Optional 1:1 Coaching Package

#### *Continuity of Self-Leadership - where insight becomes lived change*

- 3 or 6 sessions over 3 or 6 months
- Session 1 within 2 weeks of the Reset Retreat
- Focus areas:
  - courageous conversations
  - boundary holding
  - identity shifts
  - confidence under pressure



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## Included in the Experience

- ✓ Pre-retreat reflection guide
- ✓ Three days of facilitated coaching experiences
- ✓ Yoga and meditation sessions
- ✓ Creative workshop materials
- ✓ Accommodation and all meals (breakfast, lunch, dinner)

*\*Optional post-retreat integration (group community and/or individual 1:1 coaching)*

## Core Retreat Outcomes for Participants

- ✓ Increased self-confidence and clarity
- ✓ Stronger networks and support systems
- ✓ Clearer career direction and leadership identity
- ✓ Tools to regulate emotions, challenge limiting beliefs, and overcome imposter syndrome

## What Makes This Programme Uniquely Powerful?

- ✓ High-touch delivery model: peer, and group coaching layers
- ✓ Dual facilitation: by experienced leaders and qualified coaches
- ✓ Personalised insight: receive a Strengths Expert Profile
- ✓ Real-world application: learn by doing, in a psychologically safe environment
- ✓ Psychological depth: go beyond surface-level techniques

## Who This Is For?

Women professionals who:

- ✓ Are navigating transition points in career or life
- ✓ Want to deepen self-awareness and clarity
- ✓ Seek peer connection with other high-achieving women
- ✓ Value coaching and reflective practice
- ✓ Want practical tools to develop future plans

*\*Cohorts limited to 8-10 participants*



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## Testimonials - Reset Retreat: The Next Chapter

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*"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."*

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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."*

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*"Gemma & Lisa bring their unique insights to help unlock your potential and support you in your growth. Infused with gentle good humour and real-world examples, their approach is accessible and inclusive which helps to bring about impressive results. Highly recommend."*



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## Meet Your Expert Facilitators

Led by two highly experienced coaches, facilitators and senior leaders with a track record in professional coaching, leadership development and creating psychologically safe spaces for deep connection.

★**Gemma Hogan**★ an experienced facilitator, qualified Professional Coach and certified Practitioner of personality profiling, strengths & emotional intelligence. Gemma offers a unique perspective and insights from her background as a senior FCIPD People Practitioner across HR, OD, Talent, and L&D.

★**Lisa Allden**★ an experienced facilitator, qualified Professional Coach and certified Practitioner of personality profiling & strengths. Lisa offers a unique perspective from her background as a senior business leader in Sales, Further and Higher Education.

**Our Coaching Philosophy is 'evolving from the inside out.'**

**Who we  
are is  
how we  
lead.**

- ✓ Growth begins with awareness of self-talk, core beliefs, and identity narratives
- ✓ We foster an environment of warmth and challenge - compassionate, but unafraid to hold the mirror up
- ✓ We integrate a Strengths-based approach with emotional literacy and values alignment

If you are committed to creating lasting change from the inside out, contact us today to find out when our next **Reset Retreat** is running as we only facilitate two each year.



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