

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



"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."



"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."



"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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