



## COACHING & WELLBEING RETREAT FOR WOMEN

Friday 25th September - 4pm onwards to Monday 28th September - 10am

### Who?

Do you want to be in nature to REST, REBALANCE & RESTORE and to experience luxury accommodation surrounded by stunning Sea Views?

YES – then this retreat is for YOU!

### What?

Our retreat has been designed for you to experience RELAXATION first and foremost. You will be able to relax & unwind away from the busy and constant demands of life and reconnect back to you in a tranquil environment.

Experience the health benefits of getting out in nature - take walks along the beach, eat healthy/ nutritious food and be in a nurturing environment with a small group of like-minded participants to re-energise, reflect and restore.

Practice relaxation, visualisation & meditation to release any tension in the body and mind. Spend as much time as you choose to focus on your health, wellbeing and if you want to – experience life coaching to explore your future career and life goals.

We'd love to hear from you, email: [susan@coullcoaching.co.uk](mailto:susan@coullcoaching.co.uk) T:07929 280517



**We only have space for 8 people** as we want to provide you with a supportive and nurturing space to grow and develop – please note spaces will fill up quickly!

### Where?

We are staying on the beautiful Isle of Wight in a stunning “light filled” converted barn to provide you with a PEACEFUL & NURTURING environment.

The property is located just a mile or so from the pretty harbour town of Yarmouth and has an exceptionally large garden with access to the beach.

Bed linen, Towels and Toiletries are all provided and add to the luxury feel for this retreat.



On booking we may be able to offer you discounted travel on Wightlink ferry crossings, early booking is advisable

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## What's included?

Luxury Accommodation, three nights in a shared ensuite twin Sea View bedroom  
Food & Drink – Nutritional breakfast on 3 mornings / Buffet lunch on 2 days / Light supper on Friday - tea/ coffee, soft drinks, light / healthy snacks throughout  
Group Coaching workshops over 2 days  
One individual 30 min Coaching Session  
Practice relaxation/visualisation/meditation in the morning and evening  
You will receive your own Personal Insights Discovery Personality Profile



*(All of the above activities are optional – the most important thing to us is that you have time to relax, unwind and restore)*

## EXCLUDES:

Participant flights/ferry/trains/taxis etc. used to and from venue / Evening meals at restaurant which will be held in a local restaurant (optional)  
Any extra activity you wish in addition to those outlined in schedule

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## Early Bird Discount

**10% saving** on full price if booked by 31 March 2020

## Price

Residential - £685 pp **10% saving** (£616.50) on full price if booked by 31 March 2020

Non Residential - £411 **10% saving** (£370) on full price if booked by 31 March 2020

## Deposit

A non-refundable deposit of **£150** is required at time of booking.

Remainder of payment to be made within 3 months of booking

(We may be able to offer you payment by instalments)

## Refund/Cancellation Policy

All payments are non-refundable

(If for any reason we require to cancel we will give you a full refund)

## Contact us

We would love to hear from you!

In order to make a booking or ask any questions please contact us:

**Susan Coull, email: [susan@coullcoaching.co.uk](mailto:susan@coullcoaching.co.uk) T:07929 280517**

**<https://www.facebook.com/SusCoullCoaching/>**

**[https://twitter.com/coull\\_s](https://twitter.com/coull_s)**

## About Us



**Susan Coull** is running the retreat and is a qualified Executive / Life Coach from Henley Business School. She has over 30 year's public sector Leadership & Management Development experience. Susan is also a Reiki Master. She is passionate about working with people, particularly Women, to help them achieve their goals and draws on her own personal life journey where she has experienced dips in self-belief and confidence at times. She knows how powerful the process of coaching to release potential can be and is passionate to share this with others. [www.coullcoaching.co.uk](http://www.coullcoaching.co.uk)

### Karran Bonner



Karran is passionate about people and fascinated about what makes individuals tick. She believes that people are motivated and engaged in different ways and has spent her career supporting people to reach their peak whilst maintaining a healthy balance too. Alongside the corporate work Karran is passionate about wellbeing and is a BSoM Qualified Meditation Teacher and Reiki Master Practitioner. Meditation is a way of becoming more aware and focused on thoughts, emotions, and actions whilst inducing so many health benefits. Exercise is also a fundamental part of Karran's life, enjoying a range of activities including running, hillwalking, Zumba and Yoga to name a few. [www.brightsideinspiration.com](http://www.brightsideinspiration.com)

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