



AUGUST 25-27TH, DAYLESFORD, VIC

THIS WILL BE A RETREAT WITH A DIFFERENCE. JOIN US FOR A TRANSFORMATIVE EXPERIENCE THAT WILL LEAVE YOU FEELING REFRESHED AND EMPOWERED.

With a focus on breaking the cycle of busyness, we will support you to decompress. We will introduce you to techniques that will help you thrive and by the conclusion of this two-day retreat you'll walk away with a deeper understanding of how to build a balanced lifestyle that will support your well-being, productivity, and happiness. Join us for a transformative experience that will leave you feeling refreshed and empowered.

The retreat is an opportunity to:

- Decompress
- Relax and rejuvenate
- Self reflect
- Reconnect with self.

Plus, learn valuable strategies to:

- Break your cycle of busy
- Cultivate happiness in your life
- Catch yourself when you are feeling overwhelmed or overworked
- Build a balanced lifestyle.

Small group of approx 10 people.

HOSTED BY:

Amy Kennedy, Professional Organiser and Coach from The Organising Bee and **Ange Fragiaco**, Mindset and Wellbeing Coach from Conscious Living Hub are the hosts for the retreat. Experts in their respective fields, and co-authors of the Amazon best seller, Goodbye Busy, Hello Happy, Ange and Amy have joined forces to share their collective knowledge with our retreat guests.

BUSY TO BALANCED

TWO-DAY RETREAT TO FIND HAPPINESS IN A FAST PAGED WORLD.

RETREAT SCHEDULE

Friday 25th August 2023

5:00pm

Your first step from Busy to Balanced

We invite guests to arrive from 5pm. Your hosts, Ange and Amy will greet you at the door and show to your room for the retreat and then you have some quiet time to settle in and explore the property.

6:00pm

Welcome pre-dinner drinks

Meet your fellow retreat buddies over a glass of bubbles and some nibbles. Can't make it Daylesford by 6pm? No stress. We are hosting everything on site and will be waiting for you when you can join us.

7:00pm

Dinner and welcome to country

Great things happen when we have the chance to connect and one of the best ways to connect is when we share a meal with others. So, gather around the dining table as we enjoy a delicious home cooked meal featuring seasonal local produce. As you take this important first step in recharging your battery you will have the chance to acknowledge where you are right now so you can focus on becoming more balanced in the morning.

Before bed

Future pace visualisation (optional)

Participate in a future pace visualisation so you can mentally experience your future self and the balance you hope to achieve moving forward.

Saturday 26th August 2023

7:15am

Rise & Be (optional)

The morning can be so pivotal in determining what sort of day you will have. Wake early and join us outside (weather permitting) as we say hello to the day ahead and set our intentions. Choose from either a guided breathwork session or find your own spot on the property to 'be still' and practice gratitude in your new journal.

8:00am

Breakfast

Prepare for the morning with a hearty breakfast. We will have a range of cereal, yoghurt, fruit, fresh bread and spreads to choose from. We will also ensure that we have tea and good coffee on hand for those who need it.

9:00am

Workshop 1 – Self Reflection

"It's not enough to be busy, so are the ants. The question is what are you busy about" – Henry David Thoreau. Explore your why, the impact your busyness cycle is having on you and how through greater self-awareness you can catch yourself in the future.

10:30am

Morning tea

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- 11:00am** ***Finding happiness/ how to cultivate joy in everyday moments***
Sometimes when we are so stuck in busy, we forget how to cultivate joy. We will share a simple technique that you can embed immediately and will be sure to get you into the right mindset for our next session.
- 11:30am** ***Workshop 2 – Values and Needs***
“Never get so busy making a living, that you forget to make a life” - Anonymous. Understanding what your personal values and needs are, brings you another step closer to being in alignment with the life you want, and in a position to make decisions that will move you towards this.
- 12:30pm** ***Lunch and break***
Enjoy from a selection of fresh soups, salad and mixed wraps and rolls made with local seasonal produce by a local Daylesford caterer committed to the slow food philosophy and supporting local farmers.
- 1:15pm** ***Reflection (optional)***
Life is about making the best decisions with the resources and knowledge you have available. We encourage you to use this time to reflect on the information that has been shared so far and how you might use this in your life moving forward. Amy and Ange will be in the lounge if you would like to ask us any questions or seek clarification on a concept.
- 2:00pm** ***Workshop 3 - You can't be what you can't see***
In this interactive session you will create a vision for yourself that describes in detail what your balanced future looks and feels like. You will be encouraged to get clear on what you want as when you get our own needs met, you are in a better position to meet the needs of all the other important people in your life.
- 3:30pm** ***Afternoon Tea***
- 4:00pm** ***Time To Recharge***
Nobody has an endless supply of energy and now it's time to prioritise yourself and recharge in the way you know works best for you.
- 5:30pm** ***Sip and Paint***
Now it's time to have some fun. Art is a powerful outlet; it does not prescribe to any set of norms and is unique to each and every one of us. Art can make you feel calm, happy, relaxed, or inspired. We wonder how it will make you feel.
- 7:00pm** ***Dinner.***
It's time to enjoy another delicious meal prepared using local produce.
- Before Bed** ***Future pace visualisation (optional)***
Participate in a future pace visualisation so you can mentally experience your future self and the balance you hope to achieve moving forward.

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Sunday 27th August 2023

8:00am

Earthing

Refers to the discovery that bodily contact with the Earth's natural electric charge stabilizes the physiology at the deepest levels and generates greater well-being. Join us outside (weather permitting) as we explore this ritual. We will also reflect on the power of nature and how it can be used to help you decompress.

8.45am

Breakfast

Prepare for the morning with a hearty breakfast. We will have a range of cereal, yoghurt, fruit, fresh bread, and spreads to choose from. We will also ensure that we have tea and good coffee on hand for those who need it.

9:30am

Time to pack

It's time to pack up your things and bring them across to the main house so that when its time to depart you can hit the road without too much delay.

10:00am

Workshop 4 – Reshape the way you talk to yourself

Sometimes it's easier said than done, but the types of automatic thoughts you have can positively or negatively impact your health outcomes and quality of life. We will explore what automatic thoughts look like, and how to frame your thoughts in a more positive way.

11:00am

Morning Tea

11:30am

Workshop 5: Your home is your sanctuary

As you prepare to take your new balanced vision home, we will explore the important role your home can play in your journey and small changes you can make to ensure your home is supporting you.

12:30pm

Final Reflection (optional)

This is your last chance to reflect on the information that has been shared so far. Amy and Ange will once again be in the lounge if you would like to ask us any questions or seek clarification on a concept. Alternatively use this time to make some final notes in your journal.

**Before
Lunch**

Final Future pace visualisation (optional)

Participate in your final future pace visualisation so you can mentally experience your future self and the balance you hope to achieve moving forward.

1:00pm

Lunch

Time to fuel your bellies for the drive home. Whilst eating lunch we invite you to share with others around the lunch table your favourite moment and the balance you hope to achieve moving forward.

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2:00pm

Goodbye, For Now

It's time to farewell new friends and embark on your journey home feeling recharged and balanced. But your journey does not end today, and we will see you online next month at your first bonus post retreat coaching call.