



## RETREAT DAY FOR WOMEN

Recharge your batteries

Reboot your brain

Renew your outlook



# A SPA FOR YOUR MIND

**Saturday 20th April 2024 09.00 - 17.30**

**Toddington Park, Bedfordshire**

**Want to make a weekend of it? Overnight accommodation is available.**

We know people work better in smaller groups, so numbers are limited to a maximum of 12.



Step into a day to reflect, replenish and plan what is next for you. Celebrate who you are, build your resilience to change and learn practical strategies to uncover a more positive approach to life.

*"A great day to pause, reflect, learn and grow."*

*- Former Retreat Day Participant*

[www.themindspa.co.uk](http://www.themindspa.co.uk)

[hello@themindspa.co.uk](mailto:hello@themindspa.co.uk)

# A FULL DAY DEVOTED TO YOU!

Toddington Park, a beautiful Georgian Manor House set in 30 acres of private parkland, provides the backdrop for a day that is all about you!

**4 workshops to shift your mindset and set you on a positive path**

Relaxation and Solution Focused Therapy

Positive Approaches to Life

Challenging Limiting Beliefs

Build Your Resilience

**Lunch & Refreshments provided**

**2 follow up post-retreat Zoom calls**

with Julia (Coach) & Katie (Solution Focused Therapist)

## JOIN US FOR A DAY THAT CAN CHANGE YOUR LIFE!

### YOUR HOSTS

Julia and Katie bring over 30 years of combined experience and successful outcomes in personal development, coaching and solution-focused therapy, positively transforming lives.

*"A day to focus on myself, how I can be more resilient, remind me of what happiness looks like and tools to improve it and find myself again"*

*- Former Retreat Day Participant*

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