



# CLUB HER RETREAT

WHAT'S NEXT, WHAT'S POSSIBLE

MORNING

## PART 1

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### Activity 1

Let's first understand the transition that you're in. Are you at more than one crossroads? Following this, we will start off with an intentional group guided meditation.

### Activity 2

Gain clarity about the significant values that you're needing more of in your life. Together we will get clear and confident. Do you think you know what is missing in your life? Could it possibly be something you never thought of?

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### Activity 3

Let's deepen our state of vulnerability with group sharing and partner accountability.

AFTERNOON

## PART 2

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### Activity 4

After a nourishing lunch, we will deepen our connection to the core values that we focused on. We release any stress and choose what comes naturally to us.

### Activity 5

Finally we will reach our clear, sometimes very surprising answer. There will be a scheduled journaling and reflection time for what was surprising or unexpected.

### Activity 6

It's time to reconnect with our partner. We will have conversations like: "What could stop me from seeing this in my life and am I willing to truly commit to it?"

IN BETWEEN

## Extras

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### Activity 7

Throughout the day, we will gently keep bringing our attention back with guided breath work.

### Activity 8

To break up the thought-provoking day, you will be served a healthy curated lunch from a former yacht chef (who is also one of your facilitators!).

### Activity 9

After receiving the clarity you were seeking, you will work with a facilitator to create a personalized meditation to use as a resource.

DISCLAIMER

Embracing vulnerability is a powerful step toward self-discovery and empowerment, especially for women. In a world where strength is often equated with stoicism, allowing oneself to be vulnerable can lead to profound clarity and personal growth. By openly expressing emotions, women can dismantle the barriers that hold them back, gaining insight into their true feelings and desires. This process not only fosters deeper connections with others but also encourages a more authentic relationship with oneself. By cultivating an environment where vulnerability is welcomed and celebrated, we can collectively move towards a more understanding and compassionate society, where every woman's voice is heard and valued.

