

Most of the time, we try to do growth in bite-sized pieces: we read a book, we listen to a podcast or maybe we go to therapy once or twice a month, but those are like tiny islands in an otherwise busy day or week.

While progress is possible in bits and pieces, we may not build enough momentum for the profound transformation we desire. However, that momentum can be achieved on a retreat in a setting designed for growth, with leaders who guide the process and the energy of a group on the journey with you: the perfect recipe for growth.

The terms “life-changing” and “resilience” are often overused, and at times, by people who don’t really understand what they actually mean. More than 15 million people - 30% of the UK population - live with one or more long-term conditions and more than four million of these people will also have mental health problems.

When the next pandemic or other unplanned event hits, which in an uncertain world is inevitable, you will be able to look yourself in the mirror and with confidence and certainty say to yourself, *“I am physically, emotionally, psychologically and financially ready for this and will face it head on”*. You will also learn what the 50% of people who **don't get cancer** do, as well how people prevent themselves from succumbing to the other two biggest killers in our society: cardiovascular and chronic respiratory disease.

This 8-day (10 days including travel) “Resilience Retreat” will give you the skills and strategies to achieve strong personal resolve in four areas:

- Physically - you will have a stronger immune system, make the best out of daily life without stress or fatigue and enjoy quality as well as quantity of life.
- Emotionally - you will understand what emotions are and the hugely under-estimated impact they have on our lives, how to proactively bring more positive emotions into your life (which can boost your immune system by 50% within days), and how to deal with past and present negative emotions and emotional trauma.
- Psychologically - you will feel safe and secure as you move forward in life with the optimism, purpose and self-empowerment to embrace any challenges you face with confidence.
- Financially - you will explore and understand previous behaviours around money, and be able to challenge and change them if necessary. Achieving financial resilience, like everything else on this retreat, is a lifelong journey that requires understanding, acceptance, planning, informed decision-making and adaptability, and it is never too late to start. Financial resilience is not about becoming wealthy overnight, but about building a solid foundation and developing healthy habits that will empower you to navigate unexpected challenges and thrive in the long run.

On this retreat there will be no false quick fixes or promises of instant results, but a guarantee that by embracing a personal continuous improvement journey, you will incrementally find the health, vitality, fulfilment and happiness we all desire.

You will have time to enjoy the beautiful accommodation and surroundings at the Old Water Mill, which has been tastefully converted into a stunning rural retreat. In addition, you will have access to the pool, mountain bikes, and running and walking routes close to the venue.

The costs for this once in a lifetime opportunity is just £1,299 - this includes airport transfers from Alicante airport, all quality healthy vegan meals and shared accommodation (private rooms are available at an extra cost), and of course, these four life-changing workshops that could set your life on an entirely new course. For shorter stays, it will cost £200 per/day.

During your stay, we will take time out to relax with these excursions (optional):

- A visit to a local bodega for wine tasting and tapas (25€ per person).
- An evening of astronomy with Raúl, one of Spain's foremost astronomers (30€ per person) along with a visit to the nearby picturesque town of Serón and its majestic castle.

This 10-day retreat will be exciting, informative and inspiring, and with proven strategies you can embrace straight away, this could be the wisest investment of your life. Health, vitality and wellness is available to everyone, but not everyone grasps the chance, will you?

Agenda

Day One - Travel Day - Monday, 14th October 2024 - Airport transfer from Alicante airport, arrival at the Old Spanish Mill and a tour of what will be your home for the next nine days. There will be an opportunity for a swim and relaxation by the pool, plus a welcome meeting and introductions with refreshments.

Day Two - Physical Resilience - Tuesday, 15th October 2024 - Overview of the programme, dietary habits for resilience, the importance of physical exercise and an introduction on how to build resilience from the inside: hormesis. Optional excursion - an evening of astronomy with Raúl.

Day Three - Physical Resilience Wednesday, 16th October 2024 The power of sleep. Stress awareness. Toxin awareness and optimal hydration.

Day Four - Emotional Resilience - Thursday, 17th October 2024 - Introduction to the Emotional Freedom Technique (EFT), a visit to the picturesque town and majestic castle of Serón, and an introduction to the Havening Technique.

Day Five - Emotional Resilience - Friday, 18th October 2024 - Four practical Havening techniques: 1. Event Havening. 2. Affirmational Havening. 3. Iffirmational Havening. 4. Role Havening, plus an introduction to building psychological resolve.

Day Six - Psychological Resilience - Saturday, 19th October 2024 - Creating meaning and purpose, becoming infectiously optimistic, and decisively and confidently embracing personal change.

Day Seven - Psychological Resilience - Sunday, 20th October 2024 - Building great relationships through trust, rapport and being assertive, and managing challenges. Optional paid excursion to visit Vilaplana Winery for a guided tour, tapas and wine tasting.

Day Eight - Financial Resilience - Monday, 21st October 2024 - What financial resilience is and how to create lasting change, an introduction to money coaching, how to use Money StoryTypes™ tools, and how to use spending plans and budgets.

Day Nine - Financial Resilience - Tuesday, 22nd October 2024 - Financial resilience: putting your plan into action, and a conversation and Q&A via Zoom with qualified financial adviser Sarah Blyth.

Day Ten - Travel Day - Wednesday, 23rd October 2024 - Group meeting, summary and next steps, plus farewells and travel home.

The lead facilitator will be Bernard Genge, who trained as a medic in the Royal Navy and since that time has spent over 40 years studying and practising wellness. His book, *"10 Actions to Transform Your Life,"* published in 2007, is a cognitive behavioural personal resilience/development book. Bernard puts into practice the principles he will share on this retreat, having completed over 170 marathons, an Ironman triathlon, a 104-mile running race and many other events for charity, such as helping build a school in Tanzania, trekking across Namibia, cycling across Vietnam and cycling from John O'Groats to Land's End. In his mid 60's he has no chronic illnesses, is on no medication and still runs marathons.

He will be supported by Sara Fox, who after using a money coach herself and finding it transformational, trained with Catherine Morgan, the multi-award-winning qualified financial adviser and certified financial coach. Sara uses a range of tools to empower people so that they can gain an insight into their past and current behaviours, and to help them clear obstacles. She also supports clients so that they feel better equipped and motivated to tackle day-to-day and bigger money challenges. Sara is passionate and committed in her support of people becoming financially resilient and in empowering them to create long-lasting change.

What's Included:

- Return airport transfers from Alicante airport.
- Accommodation for nine nights at the Old Spanish Mill. Please enquire regarding a private room.
- Towels and bed linen.
- Daily breakfast, lunch and dinner. Refreshments throughout the day.
- Full use of the pool and all facilities.