

New  
series

# Which way now?

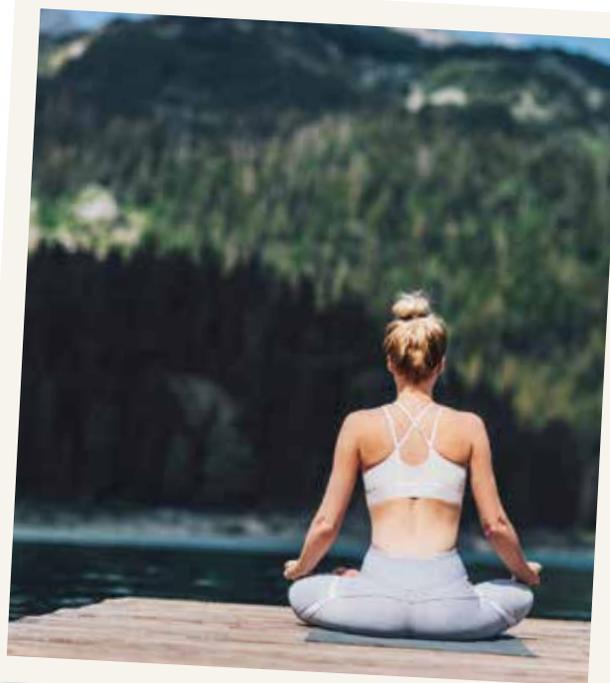


This month, our new Retreat Editor, founder of Queen of Retreats Caroline Sylger Jones, explores retreats that help you plan your life

What a luxury for us that there is such a thing as a life coach. There is no other relationship where someone is totally focused on you, what you want, and what will help you achieve it. Having someone listen to you who is unbiased, non-judgemental, intelligent and honest is hugely liberating, and experiencing this on a dedicated retreat is a perfect way to kick-start your life.

The best life coaches on retreats work with you to help you determine and achieve your goals by addressing every aspect of your world, from your relationships, career and lifestyle to your finances, personal growth and purpose. Mentors, guides and narrative strategists also run retreats to help you work out how to move forward with creativity and confidence. While coaches listen to you and ask questions in a clever way to help you 'own' your situation, mentors and strategists also share their own experiences and suggest solutions.

A life coaching retreat is ideal if you are at a crossroads. You may be setting up your own business, dealing with a big



change, such as divorce, relocation or a new job, or you might just have a niggling feeling that your life isn't quite right. They can help you work on a specific issue, such as courage or time management, or work out what is truly important to you.

## Time to take life by the horns

You don't have to have a 'situation' to deal with to benefit from a retreat of this kind. Coaching isn't therapy – it's for people who are ready to embrace life and act positively. Decide if you want a group retreat, or would prefer to have a bespoke arrangement. Always have a conversation with the coach before you book to check that you will take to coaching – it's very much a two-way process – and that there's good 'chemistry' between you.

Overleaf are retreats run by coaches, mentors and strategists that myself or a writer I trust has reviewed and recommended. All offer after-care packages and the option of further coaching, or you could buddy up with someone you meet on a retreat to help you both make the changes you need. • [queenofretreats.com](http://queenofretreats.com)



PHOTOGRAPH: STOCKSY

**Win!** A seven-night health and wellbeing retreat for two people, worth more than £2,000, at La Crisalida Retreats in Spain

La Crisalida Retreats is a holistic health and wellbeing retreat located on the beautiful Costa Blanca. As part of their Life Makeover

retreat, you can explore and reconnect with the inner, authentic you, while enjoying twice-daily yoga classes, meditation

sessions, daily guided walks, exercise classes and much more.

For more information, visit [lacrisalidaretreats.com](http://lacrisalidaretreats.com) and read our review at [queenofretreats.com/retreat/la-crisalida-retreats](http://queenofretreats.com/retreat/la-crisalida-retreats)