

### **DAY ONE: Arrival. Friday 3rd January**

You will be picked up at Grantley Adams airport and taken to the Ocean Blue Resort on Barbados's stunning South coast. You'll have time to settle in, pick up your resource pack, enjoy a swim and rest up before meeting your fellow Retreat residents at the evening drinks reception and dinner.

After dinner, Lou and the BTB team will share an overview of the week's programme and go through your resource pack. This will be an opportunity to ask any questions you may have. Then you'll retire to your room or enjoy the delights of the hotel and the wonderful sea views.

### **DAY TWO: Setting intentions. Saturday 4th January**

In the morning, you'll have the choice of yoga or a mindfulness/meditation session, before breakfast. The first morning workshop will focus on clarifying your intentions and setting your goals and outcomes for the week.

In the afternoon, you'll enjoy a tour of the island before returning for the evening. And after dinner, the evening workshop - Campfire Conversations – will allow you to share your thoughts and experiences with each other.

### **DAY THREE: Finding and owning your voice. Sunday 5th January**

After your yoga or mindfulness session and breakfast, the second morning workshop is all about Discovering Your Authentic Voice. In this session, you'll explore the blocks and beliefs you hold for your own voice and practice speaking confidently in personal and professional settings.

In the afternoon, the time is your own to reflect on the morning's discussions and relax, enjoying the stunning hotel facilities. Perhaps enjoy a shopping trip to the island's buzzing capital, Bridgetown, just 40 minutes away on a fabulously fun Reggae Bus! After dinner, the Campfire Conversations will be time for everyone to share their stories about losing or finding their voice. You'll have the chance to practice vocal empowerment in a supportive group space.

### **DAY FOUR: Validation – embracing self-esteem from within. Monday 6th January.**

After your yoga or mindfulness session, you'll have the opportunity to enjoy a horse ride and go swimming with the horses on one of the most beautiful beaches in Barbados (no experience required).

Monday's morning workshop will focus on How to Validate Yourself from within and how you can build unshakable self-esteem that isn't reliant on external approval. You'll explore how much power is given away to others and learn how to stop this and empower yourself in the process. You'll learn tools for recognising and affirming your intrinsic qualities and attributes whatever your age, ability or accomplishments.

After a late lunch, the afternoon is yours to enjoy. After dinner the evening's Campfire Conversation will be a chance to discuss positive attributes, accolades, and affirmations and a group exercise on what we see in one another to build self-validation and high self-esteem.



### **DAY FIVE: Value – embracing your worth. Tuesday 7th January.**

Following yoga and breakfast, the next morning workshop is all about Standing in Your Worth. Discover how to own your intrinsic value, regardless of status, income, or appearance.

After lunch, there will be the option to visit to the wildlife reserve where you'll be able to feed the monkeys, before heading to Barclays Park and North Point to take in the spectacular views of the island and maybe even do some whale spotting.

That evening, after dinner, the Campfire Conversation will be a chance to share empowering stories of personal worth and value.

### **DAY SIX: Visibility – stepping into the light. Wednesday 8th January**

In the morning, you'll have the opportunity to snorkel with turtles in the beautiful warm waters of the Caribbean, embracing the flow and the freedom of the sea (all equipment provided). Seeing the incredible biodiversity of the Caribbean Sea up close is an experience you'll never forget.

After lunch, the afternoon workshop will be on Overcoming the Fear of Visibility. Learn how to illuminate yourself and be brilliantly visible whatever concerns you may hold.

That evening, after dinner, the Campfire Conversation will centre on ways to illuminate yourself and shine ever more brightly.

### **DAY SEVEN: Vibration – aligning support and positive energy. Thursday 9th January.**

After your yoga or mindfulness session and breakfast, the morning workshop is all about Shifting Your Energy - who are you surrounding yourself with, and what do you need to let go of? Explore your energy and vibration as you learn to be more deliberate about how you choose the people who share your space.

After lunch, the afternoon is your own free time. In the evening, there will be a Closing Ceremony, with reflections and celebrations and dinner, drinks and music on the beach around a fire pit. Reflect on your journey, set future intentions, and celebrate the more empowered version of yourself you've uncovered. The evening will close with a Fire Pit Burn - an opportunity to let go of the old and bring in the new.

### **DAY EIGHT: Departure. Friday 10th January.**

Before you check out, there will be time for one last yoga, mindfulness session, swim or beach walk. In our final Wrap Up Session, we'll share our key takeaways and say our fond farewells.

For those with a later departure you may wish to take one last excursion St. Nicholas Abbey, and ride on the steam train through the gorgeous scenic landscapes.

