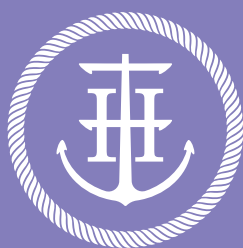




AWAKENING YOUR VITALITY

Saturday 26th - Sunday 27th October 2024

A Retreat for Women in Business
by Women in Business.



TITANIC HOTEL
BELFAST

The team at Titanic Hotel Belfast are delighted to welcome Tara O'Rourke and Neeve Guinnane, and introduce you to the first wellness retreat for women in business this October 2024. Join us for a weekend of relaxation and prioritising yourself. Learn to bring your authentic self in business by embracing a genuine sense of purpose that will awaken and infuse a deep meaning into your endeavours. Cultivating a joyful atmosphere that contributes to overall happiness for you and those around you. Prioritising authenticity, purpose, meaning, and happiness will lead to a more fulfilling and successful work-life melody.



Tara O'Rourke
www.saolbeo.ie

This is a retreat led by two experienced coaches and wellness practitioners, Tara O'Rourke and Neeve Guinnane.

Our special, tailor-made event invites you to give yourself the space to explore and get creative, offering laser-focused coaching, relaxation techniques, neuroscience practices, intention mapping and accountability to ignite your true vitality. We curate a welcoming, relaxed, safe and inclusive space.



Neeve Guinnane
www.becoachingsolutions.com



Science proves when we live with purpose, when we feel safe to be our authentic selves, and we align to our values - we lead a more fulfilling, content, happy and successful life professionally and personally. This drives a much better work life melody and helps us integrate those priorities that can so often feel in conflict.





Why attend our Retreat?

Ever feel like you just need to press the pause button?

- This is a unique, individual experience combining neuroscience coaching, world leading wellness techniques and years of experience in the corporate world to bring you a truly transformational experience.
- This retreat for women in business provides essential time and space to ignite your inner spark, fostering clarity and empowerment.
- Taking that pause that very often seems to be out of reach.
- By prioritising authenticity, we will establish a secure environment that meets you at your current stage and provides the time and space necessary for contemplation, reflection, visualisation, and planning.
- It gives you space to breathe, explore, get creative (in whatever form that means for you).
- Take time out to consider your priorities in life and work, steering your own way in business and life aligned to your values.
- Concluding with an intention mapping session and deep relaxation to ensure absorption, this retreat promises to help you get clarity, and an action plan embracing your life with a new energy and vitality.

Residential Retreat Package

Two nights' accommodation at Titanic Hotel Belfast, with full breakfast each morning, a three-course dinner in the award-winning Wolff Grill on both nights. Plus one full day and a half day retreat hosted by Tara and Neeve, with a 2 course lunch on the first day. Vegetarian and vegan menus are available.

From £699 per room
(based on two guests sharing a twin or double room).

One-night's accommodation at Titanic Hotel Belfast, with full breakfast and a three-course dinner in the award winning Wolff Grill. Plus one full day and a half day retreat hosted by Tara and Neeve, with a 2 course lunch on the first day. Vegetarian and vegan menus are available.

From £459 per room
(based on two guests sharing a twin or double room)

Non-Residential Retreat Package

Live locally? Join us for one full day and half day hosted retreat with a 2 course lunch on the first day and three course dinner in the awarding winning Wolff Grill.

From £169 per person

Kindly advise of any dietary requirements at the booking stage. For more information please visit: www.titanichotelbelfast.com

Please note this retreat is subject to availability, early booking is required as spaces are limited. A non-refundable 25% deposit is required at the point of booking.

For more information or to book, please contact the events team at Titanic Hotel Belfast on events@titanichotelbelfast.com.





Retreat Itinerary

Saturday 26th of October:
10am – 4.30pm

Introductions - hosts and attendees. Time to create a safe and trusted space, explore expectations

Part 1:
EMBODIED LEADERSHIP - MOVE
We practice gentle somatic movement enhancing awareness for better decision-making and problem solving – a mindful life model.

Part 2:
LASER FOCUS
Giving you the space to connect with your internal spark, tapping into your core wisdom, provoking current thinking. The intention is to awaken to your true potential and emerge with a renewed energy and vitality.

Bring greater Mental Focus & clarity using powerful and strength-mindset coaching models' and leveraging the latest insights in neuroscience.

LUNCH

Tasty and healthy vegetarian lunch.

Laser focus continued developing an action plan, commitment & accountability in the areas that matter to you.

Part 3:
ABSORPTION – GUIDED VISUALISATION
Inducing deep relaxation, heightened awareness. Relaxing body, calming mind, releasing stress.

DINNER / REST

Sunday 27th of October:
9am– 11.30am

8am – LIGHT BUFFET BREAKFAST (VEGETARIAN)

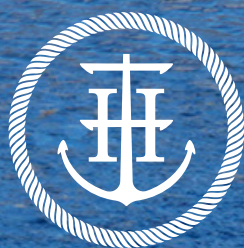
Part 4:
BREATHING PRACTICES WITH MOVEMENT
Practice mindful movement to reduce stress, boost energy, and connect mind-body. Listen, breathe, and relax for a positive start to the day.

Part 5:
INTENTION SETTING
Intention setting - Develop a clear map forward, with reward and accountability built in to allow for sustainable change. Done in a fun, relaxed atmosphere to bring out the fun, creative side.

Part 6:
RELAXATION
Immerse yourself in listening closely to the wisdom within your own body discover the power of release and relaxation. Inducing deep relaxation, heightened awareness. Relaxing body, calming mind, releasing stress.

Leave with a revived sense of energy derived from your exploration, taking time and giving yourself space, feeling satisfied from your dedicated and concentrated effort, as you have awakened that vitality and are prepared to embark on the next phase.

FINISH 11.30am



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