

AQUULA

RETREATS WITH PURPOSE

Women's Leadership Retreat

Burleigh Court Cotswolds

1- 4th October 2024

HOST AND LEADERSHIP PRACTITIONER

Lynda Simmons



AQUULA RETREATS

AQUULA retreats provide an opportunity to recharge and re-align amidst the gifts of Mother Nature, the ultimate stakeholder in every organisation's success.

Set in a 4-star boutique manor house hotel & restaurant, full of captivating Cotswolds country charm, nestled in four acres of gardens with stunning views over the Golden Valley in Stroud.



AQUULA RETREATS

1

Creating space between you and the daily routine

2

Obtain clarity on your motivations and set new pathways to success

3

Challenge your thinking to reveal what's really holding you back

4

Establish a team of like-minded supporters who'll hold you accountable

5

Focus on that vision of success you've nurtured for so long

THE DETAILS

Who is this retreat for?

Women in business: CEOs, Executive Directors, Directors, Managing Directors, Founders, Heads of Departments, Entrepreneurs, Senior Managers and Managers.

Why join us on retreat?

You will take time away from the pressures of the workplace and family commitments to form connections with like-minded women, contemplate your individual purpose and motives, clarify and review new workplace strategies and objectives and luxuriate in the time to think and breathe. You will get to know the real you, what drives you, what holds you back, what often causes you to behave in ways which perhaps until now you were innocently unaware of. You will open doors to become the female leader you've always believed was inside you struggling to get out.

What will you experience?

Our 'Retreats with Purpose' are accessible, nourishing, thought-provoking and inspirational atmospheres with a strong connection to ecology through biodiversity and the consequences of climate change. They create a contained space to provide the ultimate developmental experience and help you to reset, discover and flourish as individual leaders; enabling you to push against well-established cognitive boundaries.

You will enjoy uninterrupted time to solve key problems through individual and group coaching in a confidential, unpressurised environment of shared experience and bonding with an opportunity to step back, think about your organisation, re-examine current strategies and objectives and ask how well they are working for you and your business.

This programme is designed to challenge your way of thinking, re-set your compass for the way forward, and plot your milestones to achieve your objectives, whilst enhancing your resilience and building coping strategies for when times are testing your resolve.

You will have a chance to enjoy the great outdoors, have conversations with each other, share experiences, learn new skills, enhance your well-being and importantly have fun. You will have opportunities to kick-back, form new friendships, do your own thing and relax.

What wellbeing activities can I expect?

AQUULA Associates will be present at the Retreat to enrich your experience. A selection of typical well-being activities include:

- Foraging experience looking for wild ingredients
- Guided walks and invigorating hikes visiting ancient woodlands and tranquil hamlets
- Introductory yoga session
- Craft sessions to make a gift to remind yourself of your time connecting with nature in the Cotswolds.

And when it's time to head home...?

It should come as no surprise that you will feel refreshed, rebalanced, invigorated with a clear view of where you're going and how you wish to get there.

The effects are career-enhancing and sustainable. You will have a greater purpose and motivation and a crucially a whole network of women supporters to help you on your way.

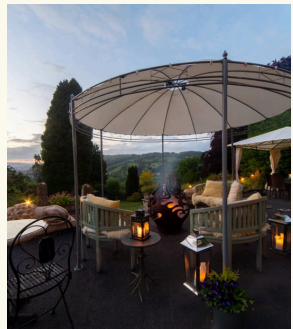
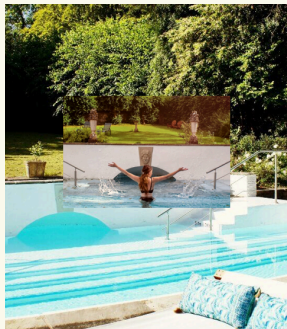
Finally, as you leave, you'll be keen to reserve your place for your next refresher as a member of the AQUULA global leadership network!

THE VENUE

Burleigh Court Cotswolds is a 4-star boutique manor house hotel, full of captivating Cotswolds country charm with a splash of luxury; nestled in four acres of gardens with stunning views over the Golden Valley near Stroud.

There will be a brand-new outdoor wellness garden which will feature a sauna with scenic views, a jacuzzi with massage jets, and the historic plunge pool for refreshing dips and cold water therapy all year round.

The hotel offers panoramic views across acres of beautifully maintained gardens; a true hidden gem and idyllic place to escape from the distractions of the workplace; whilst you commence your retreat with purpose achieving clarity and direction for your strategic challenges which lay ahead.



THE PREPARATION

Pre-Arrival

A welcome 60-minute conversation with a member of the AQUULA team to answer your questions and provide more details on the elements of the programme, it's location and opportunities to relax and enjoy well-being pursuits with others present.

The Retreat

- On day One you'll arrive at lunchtime, welcomed by your hosts, have a chance to unpack, take a walk around your surroundings and grab a healthy nutritious grazing snack to set you up for the afternoon.
- Each day will begin with a well-being session to reset and connect the mind and body in preparation for the day's challenges.
- On the final day you'll check out in the morning before embarking on the day's programme.

THE PREPARATION

Back at Base

- When you return home it's just the beginning. You'll continue to work with your newly found support network in a pre-arranged Group Coaching session and are encouraged to follow through and report back on commitments made at the Retreat at 2 x 3 monthly on-line 60-minute reviews.
- Additional 1:1 coaching sessions can be purchased for post-retreat development work.
- Additional team coaching sessions can be purchased to engage and collaborate with colleagues on proposed strategies and objectives reviewed on the Retreat.

THE FLOW

Day 1 – Arrive at Noon

Our Programme commences at 13.30
and finishes at 17.00

Day 2

Breakfast at 07.30 – 08.30
Our Programme commences at 08.30
and finishes at 17.00

Day 3

Breakfast at 07.30 – 08.30
Our Programme commences at 08.30
and finishes at 17.00

Day 4

Breakfast at 07.30 – 08.30
Our Programme commences at 08.30
and finishes at 16.00

Please note exact timings and the flow of activities shown overleaf
may be subject to change.

THE FLOW

DAY 1	DAY 2	DAY 3	DAY 4
	Wellbeing & Restorative Immersion		
	Breakfast	Breakfast	Breakfast
	Wellbeing Reset	Wellbeing Reset	Wellbeing Reset
	Personal Coaching & free-time/Cotswold bathe	Personal Coaching & free-time/Cotswold bathe	Coaching in Nature
Lunch-time	Lunch-time	Lunch-time	Lunch-time
Arrive and familiarise yourself with your surroundings	Personal Coaching & free-time/Cotswold bathe	Coaching in Nature	Coaching with Others
Wellbeing & Restorative Immersion	Coaching with Others	Coaching with Others	Grounding session invite all to connect on the other side.
Ice-breaker and invite all in the gathering	Personal Coaching & free-time/Cotswold bathe	Wellbeing & Restorative Immersion	Close the retreat with a Namaste blessing
Evening meal	Evening meal	Evening meal	



Your Host and Leadership Practitioner

LYNDA SIMMONS – MANAGING DIRECTOR, AQUULA



Lynda's expertise is for individual and team behavioural change whilst driving leadership excellence and exemplary performance for purpose-led organisations around the world. She specialises in working with senior leaders, leadership teams and executive boards across industry and not for profit sectors.

A certified executive and systemic team coach and, sustainability practitioner. She has worked amongst leaders and teams for more than 35 years and has had practical experience of the anxieties, stresses and challenges triggered through organisational change, transition and acquisition.

Lynda works with individuals and teams to help them to manage behaviours that are frequently driven by hidden anxieties and unhelpful beliefs and assumptions. Working with her will help organisations to make long-lasting sustainable change for their teams and individual team members as well as guiding senior leaders to develop a deeper understanding of who they are and a greater awareness of their impact on others.

She has a particular passion for helping senior women leaders to overcome inhibitive thinking patterns and prepare coping strategies for dealing with the systemic effects of the wider ecosystem on their career progression; helping them to recognise the effects and warning signs of burnout, menopause, imposter syndrome and perfectionism.

She has a scientific background which began with a BSc in Chemistry from the University of London before working in agrochemicals, manufacturing and media relations *et al.* She has spent more than 35 years in Industry as a senior leader, director and executive director including 16 years as Sustainability Director and practitioner in Facilities Management and at a Russell Group University. Lynda returned to academic study where she achieved an MSc in Coaching and Behavioural Change, as well as a PG Cert in Professional Coaching and a PG Cert in Teams, Board and Systemic Coaching. She is an EIA Senior Practitioner with EMCC and currently renewing her credential with ICF.

Specialties include: Executive, Leadership and Systemic Team Coaching as well as consulting expertise in Sustainability.

What people say about working with AQUULA...

“ Lynda is very approachable and adopts a calm, engaging and thoughtful style to executive coaching. Lynda is a very attuned listener and helped me develop very practical and effective action plans, including on occasion quite technical matters. Lynda provides excellent advice and support that draws from her extensive career in commercial and purpose-driven roles. ”

- Leading UK Charity, CFO

“ I was fortunate to have an opportunity to work with Lynda on a leadership development initiative. I really enjoyed the collaboration, and found the experience very valuable as part of my continuing professional and career development. I was particularly impressed by Lynda's extensive knowledge and tailored approach, and highly recommend! ”

- Academic in Law, UK Russell Group University

“ Thank you for being a great coach and I deeply value the time we've spent together in 1-2-1's and in group sessions you've helped me greatly in my professional and private life. Your style and method is very effective, helping me to refocus my energies and complete some major goals in my busy life. ”

- Global Real Estate Director, GPMO

PERSONAL COMMITMENT

Your personal commitment to this enriching experience is **£ 2,500.00**
(no vat) including accommodation

An early bird rate of **£ 2,300.00** (no vat) including accommodation is
available with full payment received by **14th June 2024**

Please note: a non-refundable deposit on booking of **15%** is required
to secure your accommodation.

TO BOOK

Booking reservations can be made here:

www.aquula.co.uk/retreats

For enquiries, please call +44 7919 445902



AQUULA is a Leadership Development Agency providing C-Suite, Executive and Systemic Team Coaching alongside Sustainability Advisory Support for Boards.

Helping progressive leaders to obtain the clarity of thought and purpose needed to drive business transformation for the benefit of society and the environment for generations to come.

AQUULA

WWW.AQUULA.CO.UK