

HAPPENISTA RETREAT

RENEW, RESET AND RE-IMAGINE

Relax, reflect and reinvigorate
with purpose.



Renew, Reset and Re-Imagine

Is it time to step into your power and up to opportunities? To stop self sabotaging and realise your full potential? To have the ME time you deserve?

Designed for busy working women, employed or running your own business. We will deep dive into your year and craft a plan for your year ahead.

The retreat is a rare and valuable opportunity to step off life's treadmill, to reflect on your life, your goals and your competing commitments. Time to create a clear, stretching and achievable plan for your year ahead that enables you to shine in all aspects of your life and work.

IMAGINE...Actually taking some time out to reflect on your life and work and plan for the future. Being surrounded by like-minded women who understand that when you succeed they succeed too. Having the space for self reflection and creative thinking. Walking in nature and making new connections. Attending workshops wholly focused on moving you forward. Having fun!

I can't recommend it highly enough.
Being here for the two days, I have
come back energised and transformed.
- Katherine Gale



The Retreat

Down Hall Country House Hotel, Matching Road, Hatfield Heath,
Essex, CM22 7AS



Our retreats use the four rooms model, inspired by the work of late author, Rumer Godden.

Everyone is a House with Four Rooms: A Spiritual, a Physical, a Mental, and an Emotional room. Most of us tend to live in one room most of the time, but unless we go into every room, every day, even if only to keep it aired, we are not complete.

Through engaging exercises, encounters with nature, unlocked creativity, deep reflection and the support of a sisterhood of women, coaches with decades of experience will guide you to take the steps you need to come home to yourself.

To get the most out of the retreat, we believe it's important to be in beautiful and inspiring surroundings. Being in the same old environment creates the same thinking and the same results, taking yourself out of that creates the opportunity for new thinking, for creativity and to unlock your deep knowing.

We have chosen Down Hall Country House Hotel, because it's surrounded by enchanting grounds, with aged trees, secret gardens and lush greenery – the perfect space for reflection.

The hotel facilities and grounds are the perfect place to focus, relax and re-discover yourself with like minded people.

The rooms are spacious, comfortable and quiet. The bathrooms are spacious if you want a long soak or just to spend a bit of extra time preening in front of the mirror. There is a sauna and a steam room that you can access free of charge, with time built into day 2 of the retreat to do so. You can release those aching muscles, knead those knots in your shoulders and cleanse your skin and soul.

The food and drinks are truly scrumptious, three course meals that don't just dance beautifully on the tongue but are a feast for the eyes as well.

Space is designed into the weekend to relax and recharge, whether that be over delicious meals or meditative walks through the grounds. Precious time without the usual demands of life means that women can prioritise themselves for a change, which was really appreciated and much needed.

The retreat takes place over 2 days.

The Schedule

Saturday 18th July



10am Your Inner Compass

We begin with a powerful visualisation connecting you with your inner compass and then guiding you to consider the rooms you spend time in and the ones that you don't, why that is and how you want it to change.

1pm Lunch

2pm The Spiritual and Physical Rooms

This experiential session will explore the relationship between your inner and outer nature.

Drawing from the nature on your doorstep and the wonderful trees on the retreat grounds, you will set off with a series of writing prompts designed to explore your own relationship with nature and the connections with your own interior. Consider this a short adventure into the wild nature of who you are.

5.30pm Close

7.30pm Group Dinner



Sunday 19th July



“I attended Jenny’s Happenista retreat at a point where I needed to-focus my why. The planning, communication and delivery lived up to expectation. A lot of thought had been put into the user experience, the workshops were diverse and relevant and I left refreshed and re-energised.
- Hephzi Angela Tagoe -

9-11am A Date with Yourself

Grab this opportunity to have a date with yourself. You can explore the sumptuous grounds in a meditative walk, curl up in a corner on a comfy sofa and reflect, or take the opportunity to use the spa. You will be provided with some tools to guide your reflection and make the most of this time of this important 'me' time.

11am Rewrite your Story

What's your inner story and how can you convey that outwardly? Is your story holding you back or propelling you forward? Stories frame our thinking. Our beliefs are based on the stories we tell ourselves – change the story, change the outcome and change your life. “Where

to start?” A powerful story to develop is one that you tell others about you.

12.30pm Lunch

1.30pm Intentions in Action

Lastly, Coach Jenny Garrett will move you effortlessly to setting your new intentions, on how you will intentionally visit your four rooms – Spiritual, Physical, Mental and Emotional – daily. You will make a commitment to yourself and others, anticipating what you will need to keep yourself on track; such as the accountability groups and online support you desire to stay intentional in daily life.

3.30pm Departure

What's in it for you?

You will leave the retreat with:

1

Time out to move out of overwhelm, refresh and reflect on your life balance

2

A clear, achievable plan for your year ahead that looks at your personal as well as professional life.

3

A network of like-minded, supportive working women to help you.

4

A reconnection with your playful self

5

A feeling of being refreshed, revived and supported

6

A deep sense of taking back control

It really was what I needed in my life. I can't stop telling everyone at work about it!
- Belinda Champion -

Why a retreat and not a workshop?



- Being in the same old environment creates the same thinking and the same results, taking your self out of that creates the opportunity for new thinking, for creativity and to unlock your deep knowing.
- Taking time out isn't selfish, it means that you will be able to be more present, energetic and be a nicer person to be around in the long term.
- According to the Chopra Centre Research – It can be difficult for people to break away from their lives but the benefit of a retreat, is that you are more likely to keep up your new practices when you get back.

YOUR HOST

Jenny Garrett

Award winning coach, trainer, author and speaker

Jenny Garrett is an Award Winning Coach, Speaker and Trainer with over a decade of experience of running a Global Business. She is a Freeman of the Guild of Entrepreneurs – City of London and was listed in Brummell Magazines Top 30 City Innovators 2016.

Jenny works with individuals and organisations, empowering them to make the transformation that they are seeking actually happen!

Jenny is best known for her work empowering working women, particularly female breadwinners, through her Amazon Bestselling Book *Rocking Your Role*. Her expertise in self-improvement and personal development for leaders, and her work equipping teens with the skills that leaders of the future will need through her social enterprise *Rocking Ur Teens*.

She has reached an audience of over 30,000 through her speaking engagements, including two TEDx Talks, and coached individuals all over the globe from Australia, to Botswana, the US, Mexico, Spain and the UK, with over 4,000 coaching hours under her belt.

Her most recent clients include MasterCard, Ernst & Young, the NHS and the National Union of Students (NUS). Jenny is a regular commentator on Sky News and LBC radio, and has been featured on BBC Radio 4 Woman's Hour, BBC Radio London & The Telegraph amongst many others.

Jenny's work is characterised by having depth, personalisation and meaning, or some would say 'soul'. One client described Jenny as a 'yoga stretch for the career!'

Your Life, Your Work,
Your World Transformation
**Empowering you to make
it happen**



FAQ

1

What's included in the price?

Saturday night accommodation – based on two sharing refreshments, lunch and dinner on Saturday. Sunday breakfast, refreshments and lunch. All course materials and sessions

2

Do I have to share a bedroom?

We find that participants enjoy sharing and it's an additional way to make connections and develop friendships. If you'd prefer your own room, there is a single room supplement of £100.

3

Can I come for just part of a retreat?

For the benefit of everyone, we ask that all participants commit to attending the entire retreat, arriving for the beginning of the retreat and staying until the end. Your wholehearted commitment supports your fellow participants and expresses respect for the retreat facilitators and staff who are committed to being here.

4

Can I stay extra days, before or after the retreat?

You are free to organise accommodation before and after the retreat directly with:
Down hall country house hotel, Matching Road, Hatfield Heath, Essex CM22 7AS
Tel: +44 (0)1279 731 441

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How do I get there?

Directions can be found at <http://downhall.co.uk/find-us/>

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Are there opportunities or space for other activities?

Sunday morning before 11am would be a great opportunity to visit the sauna and steam room and enjoy the grounds. Use of the sauna and steam room is free, however there is an additional charge for spa treatments. Please book directly with Down Hall hotel for treatments. An additional opportunity would be when the retreat finishes at 3.30pm on the Sunday.

FAQ

7

What is the accommodation like?

Classic rooms are spacious and comfortable, complete with working desk, in-room iron and ironing board, tea & coffee making facilities and complimentary wifi access. All classic rooms are situated in the historic main house building and have stair access only.' To keep the retreat affordable, prices are based on 2 sharing a twin room.

- Tea & coffee making facilities
- 24hr room service (at an additional charge)
- Breakfast available in room (at an additional charge)
- Wake up service
- Newspaper
- Mini fridge
- Safe
- Iron & Ironing Board

8

What should I wear, and what should I bring with me?

What I should wear? Please dress comfortably, indoor shoes and good outdoor shoes, boots or wellingtons for walking. Warm clothes are advisable for the walk and an umbrella. You may want to change for dinner and bring a swimming costume if you wish to use the spa.

What should I bring with me? Remember to bring any food supplements or medication you regularly take – enough for the length of your stay.

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Travel Arrangements

All bookings are provisional until confirmed by our admin team. Please do not make any travel arrangements until after you receive confirmation of your booking. We cannot be held liable for travel costs.

FAQ

10

What happens if I need to cancel?

We expect this retreat to book quickly, but late cancellations can lead to places being unfilled, since people on the waiting list often make other arrangements. For this reason, we have the following cancellation policy for confirmed places on retreats:

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Cancellation Fees and Refunds:

- To avoid the need for cancellation please ensure you are clear about your dates and retreat costs before you book.
- If you cancel one month before the retreat start date, the cancellation fee will be £100.
- Cancellation of a retreat less than one month but more than two weeks before the start date, will incur the loss of half the cost of the retreat or your full deposit, whichever is the greater.
- Cancellation of a retreat two weeks (or less) before the start date will incur the loss of the full cost of the retreat.
- Cancellations can be made by telephone or email. Please note that cancellations can only be accepted from the named participant and not from third parties. Any refunds can take up to 5 working days to be processed.
- We reserve the right to cancel any bookings that are deemed unsuitable or inappropriate.

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Weather Conditions

If you have to cancel your retreat due to adverse weather conditions our standard cancellation policy (above) still applies.

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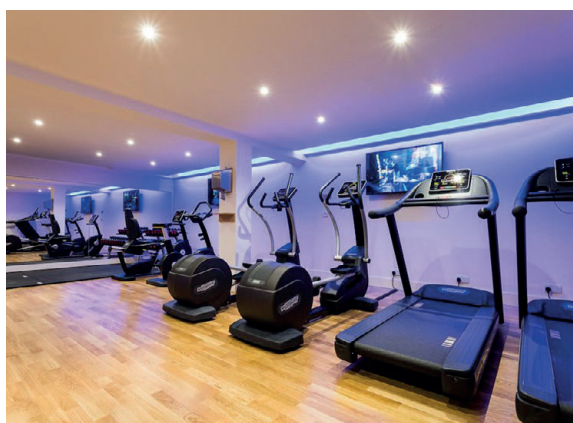
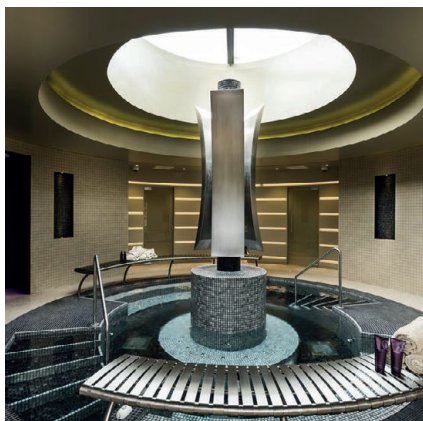
Who do I contact if I have more questions?

Any member of our team will be pleased to answer your questions and help in any way we can. Contact us on +44 (0) 794 606 3120 or email info@jennygarrett.global



I know I will look back at last weekend with Jenny and all the facilitators and retreat participants, and it will prove to be a key milestone for the years ahead for me.

- Thami Nomvete -



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18TH-19TH JULY 2020

DOWN HALL COUNTRY HOUSE HOTEL, MATCHING ROAD,
HATFIELD HEATH, ESSEX, CM22 7AS

BOOKINGS

With only 12 places available, spaces are expected to fill quickly.

Earlybird bookings open on 27th March. Pop the date in your diary to take advantage of our exclusive offer, saving you over £300.

Our second phase of bookings will open 24 April for 2 weeks, saving you £200.

If there are any places remaining, bookings will re-open on 9 May at full price: £999.

Payment

A deposit of £149 is required to secure your place. A range of payment options are offered for the balance.

Further Information

For more information please email us at: info@jennygarrett.global