



EVERY DAY IS A RENEWAL, EVERY MORNING THE
DAILY MIRACLE

Rise & Renew

Retreat

A 2-day retreat designed for women who want to follow
their dreams and realise their full potential.



Rise and Renew Retreat

Ready to shed the old and blossom into your brightest self? Do you feel a stirring within, a call to rise above limitations and renew your life with purpose and joy? This is an invitation to a transformative journey.

- Stepping off the treadmill of life and taking back control of your time and energy. Uncovering what it means to live intentionally, with purpose and passion.
- Connecting with like-minded women and creating a supportive community.
- Stepping out of your comfort zone and planning for a brighter future.
- Having the space for self-reflection and creative thinking.
- Walking in nature and feeling the power of the earth beneath your feet.
- Attending sessions that will inspire you to take action and move forward in your life.

This retreat is a rare and valuable opportunity to do all of this and more. It is a chance to pause and reflect on your life, your goals, and your values. It is a chance to create a plan for the future that is aligned with your true purpose. And it is a chance to connect with other women who are on the same journey.

If you are feeling ready to make a change, then this retreat is for you. It is time to step off the treadmill and start living the life you deserve.

Register today and start your journey to a more intentional and fulfilling life!

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

Unlock your
potential
through
creativity and
nature, so that
you can make
your dreams a
reality.



Rise and Renew:

Craft Your Brighter Tomorrow

Imagine shedding your old skin and stepping into a vibrant new chapter. Imagine waking up with the sun, invigorated and ready to embrace the possibilities that lie ahead. This isn't just a fleeting fantasy; it's the essence of our Rise and Renew Retreat - a transformative journey designed to reignite your inner fire and empower you to create your most radiant future.

Forget the worn-out pages of your past. This retreat is about rising above limitations and renewing your spirit with newfound purpose and joy.

Picture yourself:

- Blossoming with newfound clarity and confidence.
- Unleashing your full potential, unburdened by self-doubt.
- Celebrating a life that aligns perfectly with your deepest values and dreams.
- Our 2-day retreat is your compass on this path of renewal:



Release what holds you back:

Shed limiting beliefs and stagnant habits.

- Rekindle your passions and purpose: Discover what truly sets your soul ablaze.
- Rise to challenges with grace and strength: Cultivate resilience and inner power.
- Embrace a future brimming with possibilities: Craft a vision that excites you.

Join a sisterhood of women on this revitalising journey. We'll guide you through:

- Engaging exercises to unlock your potential.
- Immersive encounters with nature to recalibrate your mind and spirit.
- Unleashing your creativity to explore new possibilities.
- Deep reflection to reconnect with your authentic self.
- Leave your old environment behind.

The Retreat

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



Our 2-day retreat will guide you to take the steps you need, with engaging exercises, encounters with nature, unlocked creativity, deep reflection, and the support of a sisterhood of women. We believe it's important to be in beautiful and inspiring surroundings to get the most out of the retreat. 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, creativity, and unlocking your deep knowing.

We've chosen Down Hall Country House Hotel, 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 rediscover yourself with like-minded people.

The rooms are spacious, comfortable, and quiet. The bathrooms are spacious, so

you can take a long soak or spend some extra time preening in front of the mirror. There's also 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 are a feast for the eyes as well as the tongue. 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 is really appreciated and much needed.

Ready to Rise and Renew? Join us for this 2-day retreat.

The Schedule

Saturday 8th February

10am From Should to Soul

Excavating Your True Desires. Leave behind expectations and societal pressures. This session guides you inward to uncover your authentic desires and aspirations. Through introspection and self-exploration, you'll define what a truly "renewed" life looks like for you, planting the seeds for personal transformation.

1pm Lunch

2pm From Seed to Bloom: Shedding Limiting Beliefs Narrative

This session will guide you through a gentle yet powerful process of uncovering and releasing self-limiting beliefs that hold you back. Through introspective exercises and supportive group discussions, you'll learn to cultivate a more empowering perspective and pave the way for personal growth.

5.30pm Close

7.30pm Group Dinner



Sunday 9th February

9-11am Self-Care Sanctuary:

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

11am From Blank Canvas to Masterpiece: Designing Your Dream Life

This session empowers you to visualise your ideal future. Through guided exercises and creative collage, you'll define your aspirations, identify key values, to translate your dreams into reality. Craft a life that truly resonates with your authentic self.

12.30pm Lunch

1.30pm Blooming into Your Best Self

This session celebrates your transformation and empowers you to move forward with newfound clarity and purpose. Reflect on your journey, acknowledge your growth, and set intentions for the future. Leave the retreat feeling empowered, inspired, and ready for your renewed 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 empowered and creative self

5

A feeling of being refreshed, revived and supported

6

A deep sense of taking back control

“The retreat was an unforgettable experience that I would highly recommend if you’re seeking a relaxing yet stimulating weekend away with a small group of like-minded women who are ready to take control of their life journey. The retreat has positively impacted how I will show up for ‘me’ this year!”

Why a retreat and not a workshop?

Workshops are great, but they can be fleeting. You cram a lot of information and activity into a short period of time, and then you go back to your everyday life. It can be difficult to sustain the inspiration and momentum that you gained during the workshop.

A retreat is different. It gives you the time and space you need to fully integrate what you learn and to create a plan for

moving forward. It also allows you to build relationships with other women who are on the same journey, and to create a support system that will help you stay on track.

If you are serious about creating the life you want to live, then a retreat is the best investment you can make.

You'll gain:

- A fresh perspective. Being in a new environment can help you to see things differently and to open your mind to new possibilities.
- Deep reflection. A retreat gives you the time and space you need to reflect on your life, your goals, and your values.
- Creative inspiration. A retreat can help you to tap into your creativity and to come up with new ideas for how to live your life.
- Supportive community. A retreat gives you the opportunity to connect with other women who are on the same journey as you and to create a support system that will help you stay on track.

Ready to invest in yourself and create the life you want to live? Join us for our retreat and start writing the next chapter of your story.



YOUR HOST

Jenny Garrett OBE

A coach who understands the challenges of professional working women

Jenny is a mum, wife, and business woman who knows firsthand the challenges that professional working women face. With nearly two decades of experience running a global business, she has seen it all. She understands how easy it is to burn out, and how difficult it can be to find time for yourself without feeling guilty.

That's why Jenny is passionate about helping women to create the lives they want. She works with individuals and organisations to inspire and motivate, empowering people to reach their full potential and achieve career and life-changing results beyond expectation.

Jenny is a Freeman of the Guild of Entrepreneurs – City of London and was listed in Brummell Magazine's Top 30 City Innovators 2016. She is a highly sought-after coach and speaker, and her work has been featured in Forbes, The Huffington Post, and Entrepreneur Magazine.

Your Life, Your Work, Your World Transformation



FAQ

1

What's included in the price?

Saturday night accommodation – refreshments, lunch and dinner on Saturday. Sunday breakfast, refreshments and lunch. All retreat materials and sessions

2

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.

3

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

4

How do I get there?

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

5

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. Early booking of spa treatments is recommended

FAQ

6

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.

- 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

7

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.

8

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.

9

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:

FAQ

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Cancellation Fees and Refunds:

Covid 19: We want our retreaters to be as safe as possible, and with that in mind, our approach is as follows. It is your responsibility to assess the risk of attending a Retreat, as we cannot guarantee the Covid status of any attendee. We will continue to review our Policy in line with Government Recommendations and Legislation.

If you can't come due to Covid or any other illness please see our 'Cancellation Policy' below:

- 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 highly recommend this retreat, organised and led by experts in their fields, to focus on yourself, what are your future ambitions and aspirations and what you want next.”



RISE AND RENEW RETREAT

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8-9TH FEB 2025

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

BOOKINGS

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

PAYMENT

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

FURTHER INFORMATION

Please email us at:
info@jennygarrett.global

