

Family Wellbeing Retreat “A Transformative Journey of Wellbeing for the Whole Family.”

April 11th – 15th 2022



Family Wellbeing Retreat "A Transformative Journey of Wellbeing for the Whole Family." 11th – 15th of April 2022

Sunday, April 10th	Arrival. Welcome Dinner
Monday, April 11th	Group Training Session by CDM (AM) Free time, wellness, sports and other activities (PM)
Tuesday, April 12th	Group Training Session by CDM (AM) Free time, wellness, sports and other activities (PM) Group cooking lesson (Evening)
Wednesday, April 13th	Group Training Session by CDM (AM) Free time, wellness, sports and other activities (PM)
Thursday, April 14th	Group Training Session by CW (AM) Free time, wellness, sports and other activities (PM) Group Dinner (evening)
Friday, April 15th	Group Training Session by CW (AM) Free time, wellness, sports and other activities (PM)
Weekend, April 16th-17th	Time at leisure

Overview / About

This is a transformative family wellbeing retreat where you will gain clarity on your life, your goals and establish a strategic way forward to truly create your dream life as a family. Taking part in 5 training sessions run by experienced wellbeing experts Caroline Desmarais and Dr Chris Willard, you will have the opportunity to feel renewed enthusiasm, wellbeing, love and abundance in building your family's future.

Caroline Desmarais's three sessions will begin with a guided meditation which will encourage an intuitive, and open-minded attitude of collaboration between spouses. You are the Co-CEOs of your life and you will be co-creating your ideal life vision in these sessions.

Taking part in Dr Willard's sessions you will explore mindfulness through awareness, movement, games, play, and creative activities for all ages, and you will discuss strategies to engage all types of children. The experts will use professional life coaching tools, exercises, games and mindfulness training techniques. This is a chance to experience meaningful breakthroughs, get unstuck and become excited and motivated about your future!

Agenda 11th – 13th of April 2022

Day	Description of the group training session
Monday, 11 th	<p>Conscious Clarity</p> <p>In this session you will take an honest look at your life. You will have a chance to reflect on all areas and identify what is working well and which areas you would ideally like to improve upon. The first step in building your dream life is acknowledging where you are at the present moment. And accepting that wherever you are on your journey is exactly where you are meant to be. Meaningful change begins today. You will be lead through powerful visualization exercises which will help identify what makes you a happy, successful and thriving family.</p>
Tuesday, 12 th	<p>Conscious Creating</p> <p>In this session you dream big! You will let your wishes run free and honour your inner truth. There are no wrong answers, only infinite possibilities for your bright future. You will be led through an exciting coaching exercise where you will explore what you want and how this would make you feel. You will learn to set goals, use gratitude to accelerate momentum and build a vision board for your family's well-being. This will be a very empowering and rewarding exercise to work as a team with your partner and co-create your ideal future as a family.</p>
Wednesday, 13 th	<p>Conscious Strategy</p> <p>In this session you will establish a strategic plan for reaching your goals and building your dreams. You will identify your family values and compose a value and mission statement which will bond you and motivate you in your joint vision. You will understand the role that you play in your family and how instrumental you are to your future success and wellbeing. You will have individual purpose statements which inspire you to achieve your goals. Together you will prioritize your objectives and build an actionable plan to truly live the life that you deserve.</p>

Agenda 14th – 15th of April 2022

Day	Description of the group training session
Thursday, 14 th	<p>Mindfulness and Self Compassion for Parents</p> <p>Parenting burnout is real. Join us for a morning of mindfulness and self compassion to refresh ourselves and reset our relationships. We will spend the morning practicing and exploring practical ways to find the time in our busy lives to incorporate just a bit more mindfulness and self-compassion.</p>
Friday, 15 th	<p>Sharing Mindfulness with the Family: A Workshop for Parents</p> <p>As we discover the power of mindfulness for ourselves, many of us are seeking fun ways to share mindfulness with kids and teens. We know that these practices can build resilience and closeness as a family, boosting mental health and learning in our children. We will explore mindfulness through awareness, movement, games, play, and creative activities for all ages, and discuss strategies to engage all kinds of kids. Different practices will support different learning styles through arts, sports, games, music and more, for attention spans ranging from 30 seconds to 30 minutes.</p>