



Agenda

A thoughtfully held 3-day experience in the Catalan mountains

(Designed for calm minds, clear insights, and real-world leadership renewal)



Day 1

ARRIVE & LAND (Friday)

A soft landing into presence and personal pace.

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| 15:00–18:00 | Arrival & check-in at rural mountain hotel |
| 18:00–18:30 | Welcome Circle & Digital Detox Start |
| 19:00–20:00 | Dinner (local, seasonal food) |
| 20:30–21:00 | Orientation & intention setting |
| 21:15–22:00 | Qigong-based deep relaxation practice |
| 22:00–22:30 | Before sleep mindfulness practice |



Day 2

RESET & RECONNECT (Saturday)

You'll spend the day exploring clarity, calm, and agency - without overwhelm.

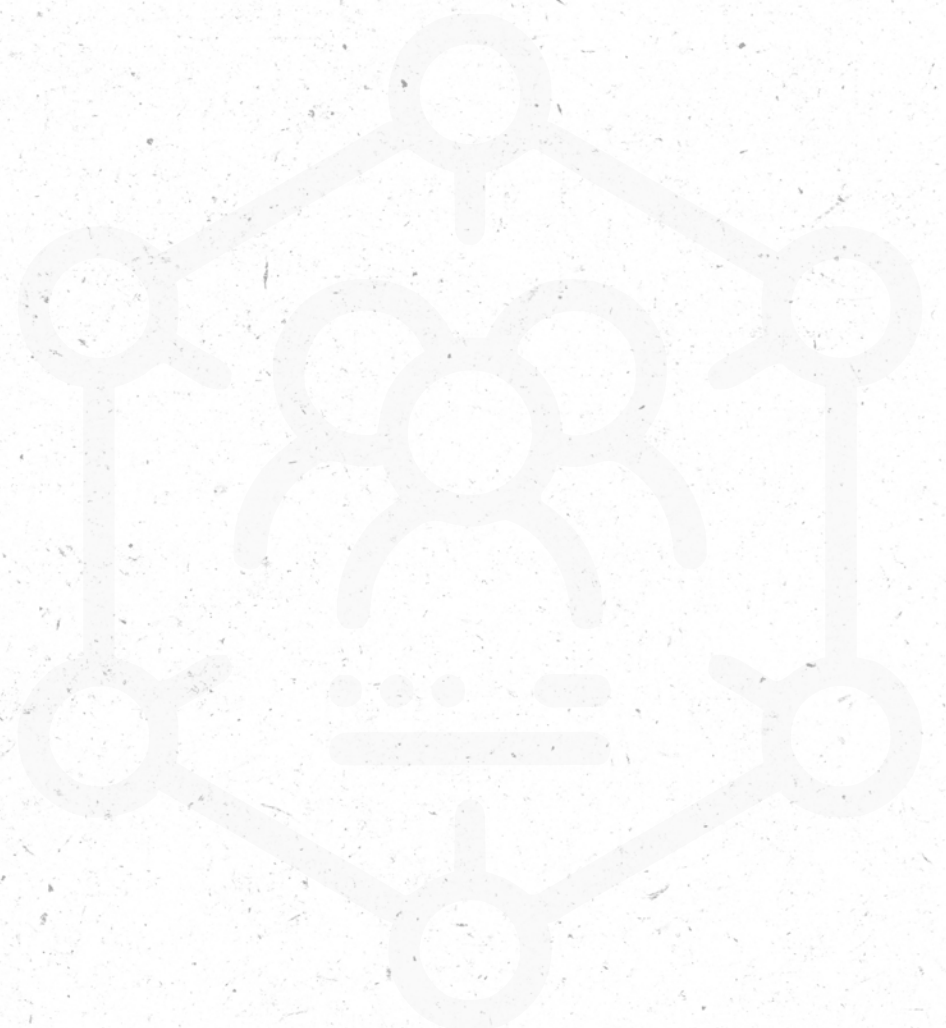
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| 07:30–08:15 | Qigong body workout in fresh air |
| 08:30–09:30 | Breakfast |
| 10:00–11:45 | Workshop 1: Reclaiming Inner Signal
Through guided self-inquiry, embodied awareness, and facilitated peer dialogues, participants reconnect with their internal clarity and cognitive-emotional baseline away from reactive patterns. |
| 12:00–13:00 | Integration time indoors
(Rest, journaling, reading or optional 1:1 coaching) |
| 13:00–14:00 | Lunch |
| 17:00–18:30 | Workshop 2: Power, Pressure & Presence
A neuroscience-informed exploration of leadership under stress. Using somatic mapping, systemic inquiry and collective feedback, we examine how visibility, power and uncertainty affect self-regulation and decision-making. |
| 19:00–20:00 | Dinner |
| 20:00–22:00 | Optional peer reflection or forest walk |
| 22:00–22:30 | Before sleep mindfulness practice |

Day 3

RECALIBRATE & RETURN (Sunday)

Leave with a clear action plan, aligned direction, and a more regulated system.

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| 07:30–08:15 | Qigong-based morning activation |
| 08:30–09:30 | Breakfast |
| 10:00–11:45 | Workshop 3: From Endurance to Resilience
Shift from high-functioning survival into sustainable direction. With cognitive visioning, personal storytelling, and peer-based reframing, you'll design a next-step action plan aligned with your core values and post-retreat goals. |
| 12:00–13:00 | Closing Circle & Digital Detox Finish
(Rest, journaling, reading or optional 1:1 coaching) |
| 13:00–14:00 | Lunch & Goodbyes |



Day 3

RECALIBRATE & RETURN (Sunday)

You'll have an extra time shielded from the noise, get inspired and strengthen your action plan with 1:1 coaching.

Extended Version

- 15:00–19:00** Quiet time & 1:1 coaching sessions
Individual support to integrate insights and shape your resilience strategy.
- 19:00–20:00** Dinner
- 20:00–22:00** Optional peer reflection or forest walk
- 22:00–22:30** Before sleep mindfulness practice



Day 4

MONTSERRAT EXPERIENCE (Sunday)

Gain perspective and deepen integration in the sacred stillness of Montserrat.

Extended Version

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| 07:30–08:15 | Qigong-based morning activation |
| 08:30–09:15 | Breakfast |
| 09:30–12:30 | Morning journey through the mountains to Montserrat Monastery
Montserrat is a sacred mountaintop monastery renowned for its spiritual atmosphere, panoramic views, and centuries-old tradition of reflection. This privately arranged car trip offers a peaceful, offsite experience to integrate retreat insights in nature and silence—just a scenic drive from the retreat location. |
| 12:30–13:30 | Lunch |
| 13:30–15:30 | Closing 1:1 coaching sessions & Goodbyes |
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