

# ACT!vate Women's Retreat

MAKE 2013 YOUR MOST EFFECTIVE YET!  
Change Resolutions into Revolutions.

There are a select group of people in life who achieve the extraordinary, who rise to the challenge of living and astound others with what they accomplish. They are not born with greater assets than anyone else. What sets them apart is their choice to dream, to commit, to plan, to act and to simply hang tough.

In medieval days knights slew dragons, kings stormed the bastions of hilltop citadels and women were relegated to lives of slavish drudgery or maidenly dependence. Much has changed since those days and today women slay their own dragons and storm the bastions of corporate castles. The "ACT!vate" Retreat will draw metaphors from this age to apply a feminine chivalry to your plans for an effective 2013. It is a one-day, no-nonsense, high-impact programme that tackles key issues and obstacles to personal or business achievement. It will start the year well and help to set you up to finish higher. Clarify your goals! Define your plans! Make things happen!

## Outcomes

A team of specialist coaches will help you:

- Understand and integrate the 5 aspects of personhood.
- Conduct a personal integration assessment
- Clarify purpose and personal strategy
- Define annual goals
- Gain new insights into your personal SWOT profile
- Outline an integrated personal development plan
- Apply "Time for change" principles
- Have fun
- Connect with like-minded women

## Delivery Method

In-house Workshop Retreat  
Public Workshop Retreat



## Facilitator

### Janet du Preez

Janet is uniquely qualified with masters level studies in health sciences, psychology and business, to understand the psychological and practical systems which underlie behaviour and outcomes.

A Gallup-trained Strengths Performance Coach for individuals and teams, she describes herself as a strategic-maximiser and change-protagonist, constantly alert for good people, good ideas and good systems which can be made even more effective. She is a masterful facilitator who creates rich participative interventions.

in association with



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