

Empower and Grow Wellbeing Retreat

9.00am - 10.00am:

Mindful beach walk: Moving meditation and higher self-awareness session

10.00am - 11.15am

Managing emotions: What drives human behavior? How to feel less affected by the behavior of others.

11.15am - 11.45am

Nutritional break to include talk around the power of juicing or body language talk

11.45am - 1.00pm

Powerful life coaching techniques

How to shift self-limiting beliefs and align to values and effective goal setting

1.00pm - 2.00pm

Lunch

2.00pm - 3.00pm

Stress release technique

EFT Tapping clearing statements and subconscious affirmations

3.00pm - 3.15pm

Break

3.15pm - 5.00pm

Activity session

Group choice: Meditation practice or the power of vision boards on the subconscious mind (please bring along own materials for placing onto the vision board). **OR Additional Cost Your Choice:** Book a spa treatment / Book golf or golf lesson

Delivered by Wellness Specialist Olivia O' Connor - WWW.WELLNESSBYOLIVIA.COM In the event wellness retreats are unavailable, your package cost is transferable to other sections of Portmarnock the resort. All retreats adhere to Covid-19 regulations and will be delivered in a safe environment.