

Wellbeing Retreat for Him or Her

9.00am - 10am:

Beach Walk: Awareness session: Understand what drives behavior. *Why we behave as we do?*

10.00am - 11.15am

Powerful life coaching techniques - shifting from limiting to empowering beliefs

11.15am - 11.45am

Nutritional break and talk. The power of juicing and nutrition for the mind

11.45am - 1.00pm

Powerful life coaching and problem-solving techniques session

Gaining balance in all key areas of life

1.00pm - 2.00pm

Lunch

2.00pm - 3.00pm

Stress Release Technique

EFT Tapping - clearing self-sabotage and the inner critic

3.00pm - 3.15pm

Break

3.15pm - 5.00pm

Activity Session

Group choice: Future self-meditation practice or powerful goal setting vision boards on the subconscious mind
(please bring along own materials you wish to place onto your vision boards)

Additional cost of 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 resort. All retreats adhere to Covid-19 regulations and will be delivered in a safe environment.