



# WOMEN'S COACHING PROGRAMME

## UAE

18th-20th November 2022



*Create a Life vision that inspires you!*

**Join a supportive community of women for a transformative self-discovery retreat.**

Disconnect from the busyness of life and connect with your heart, purpose and power to make the changes you want to live a fulfilled life.

Join the **AVA Coaching Collective**, with Spain and Morocco on the horizon for 2023 — and always a new annual destination to realign with the person you are becoming.

- What does a **fulfilling life** mean to me?
- How can I tap into my **strengths** and live to my fullest **energy** and **confidence**?
- What holds me back? How can I **overcome** it?
- How can I **integrate my purpose** into my career and daily life?



# Programme details

**Format:** A 2.5 day coaching programme retreat for women

**Number of participants:** 10-18 max

**Date:** Friday 18th to Sunday 20th November, 2022

**Location:** 5 star hotel in Fujairah, UAE

**Coaches:** Pari Namazie (CPCC/PCC) and Salma Zarroug (CPCC/ACC)



## Who is this programme for?

This programme will be a good fit if you are (but not limited to):

- **Navigating career and motherhood**, craving inspiration and motivation in your life
- **Feeling stuck**, seeking meaning and purpose, asking what is next for you,
- **Looking for a new challenge** and wanting to break out of your comfort zone
- A creative entrepreneur who runs or would like to **start a business or side hustle**
- **A high achiever** looking to break through the glass ceiling at work
- Appreciate opportunities to enhance your knowledge and **connecting with others**



## What you will gain

- Discover the full range of **your abilities and potential**
- Gain **self-awareness** of your true **values and purpose**
- Learn how to use the intelligence, wisdom and **power of your heart** to realise **your goals**
- Experience the power of being with **like-minded individuals** who can hold and **amplify your vision**
- Connect with a community that can provide **ongoing support and inspiration**

# Programme

## DAY 1 – EVENING – WELCOME AND INTRODUCTION



Starting with a welcoming session, we will get to know each other and lay the foundations for the group coaching retreat. We will also explore the key challenges we face in different areas of our lives.

## DAY 2 – MORNING – IDENTIFYING OUR VALUES AND LIFE PURPOSE



How do we reconnect to what grounds us and makes us who we truly are? What does it mean to create a life that is in greater alignment with our values, purpose, and true heart desires? During this session, we will:

- Identify your unique “Values”
- Explore how to connect with your “Values” and “Life Purpose”
- Explore what it means to be true to oneself and honor our values on a regular and consistent basis

## DAY 2 – AFTERNOON – UNDERSTANDING WHAT HOLDS US BACK



We all have self-sabotaging inner voices or “saboteurs” that hold us back. Every time we ponder about a bigger dream or a challenging goal, these voices become louder and more powerful. Here, we will:

- Identify your self-defeating influences “Saboteurs” and understand how they hold us back from achieving long-term success
- Explore how to make your saboteurs work for you





## DAY 3 – MORNING – STEPPING INTO OUR SAGE & ALLIES



We often forget the immense powers within us. These powers are what we call “Sage & Allies,” Stepping into these powers will lead you towards a rich, authentic, and fulfilled life.

During this session we will:

- Identify your full range of abilities and discover how to use that power to overcome personal and professional barriers
- Identify and access the different energies “Allies” that are most useful at any given moment

## DAY 3 – AFTERNOON – CONTINUING THE JOURNEY - WHAT'S NEXT



This session celebrates YOU, your learnings, the things you are proud about, where the journey has brought you and where you want to go. In our last session we will:

- Discover how to integrate and deepen your learning
- Explore how you can continue to inspire and support each other



# Pricing



## THE OFFER INCLUDES

- **2.5 days coaching** programme
- 2 night stay at a **5 star hotel** including **meals**
- Variety of **activities** that will allow you to relax, connect, and look inward
- **Workbook** with coaching tools and resources to track your progress
- **Connect** with like-minded women
- **Accountability** and support from your coaches and the group of women who are on the same journey
- **Clarity** on your **next steps** and tools for your personal action plan

## EARLY BIRD OFFER (Registration closes 9th October, 2022)

- **Individual accommodation:** €1350
- **Shared accommodation:** €1200 per person (Note: Register with a friend and enjoy this experience at a discounted rate.)

## STANDARD PACKAGE (Registration closes 6th November, 2022)

- **Individual accommodation:** €1550
- **Shared accommodation:** €1400 per person (Note: Register with a friend and enjoy this experience at a discounted rate.)

For more information, please email [info@avacoachingcollective.com](mailto:info@avacoachingcollective.com)

[REGISTER HERE!](#)



AVA COACHING COLLECTIVE