

## The Leader's Reset – 3-Day Leadership Retreat (Champneys Tring, UK)

Leadership isn't hard because you're weak. It's hard because you never get a true pause. Emails at 11 pm, fire-fights at 8 am, and a diary that leaves zero space to think. **The Leader's Reset** is your strategic time-out: no flipcharts or cheesy team games—just science-backed recovery, deep reflection and actionable planning.

### WHAT MAKES THIS DIFFERENT

- Curated for those in leadership position
- Hosted in one of Britain's original spa estates—private corporate wellness pavilion.
- 50 % of each day is structured recovery (hydro-therapy, forest bathing, breathwork).
- 50 % is facilitated strategy conversation—so you leave with a 90-day Leadership Game Plan.

### RETREAT SNAPSHOT

Day	Morning	Afternoon	Evening
Day 1	Arrival & biometric wellness check-in	Masterclass: <i>Burnout to Bounce-Back</i>	Forest-bath walk, fireside intent circle
Day 2	Sunrise yoga & reflective journaling	Strategy Deep-Dive (peer "board")	Hydro-therapy + silent dinner
Day 3	<i>Translate Reset to Routine</i> workshop	30-Day Micro-Habit Planner + 1:1 feedback	Depart 16:00 restored

## WHAT'S INCLUDED

- Private ensuite room (2 nights) at Champneys Tring
- All meals: nutritionist-designed spa cuisine
- Daily guided yoga, breathwork & hydro-therapy access
- Two facilitated leadership labs + peer mastermind
- 30-day post-retreat virtual accountability circle
- Branded *Leadership Reset Journal* & copper water bottle
- Optional massage (45 min) at member rate

## INVESTMENT

**£1,950 + VAT** | Early-bird £1,750 until **31 Aug 2025**

*Pay in 3 interest-free instalments with Stripe.*

👉 [Book a Discovery Call](#)

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## WHO THIS IS FOR

- Directors / HoDs carrying heavy decision-load
- Founders & C-suite who've lost thinking time
- High-potential leaders headed toward burnout  
(*Max 12 guests – curated cohort for psychological safety*)