

# Inspired By Your Business ~ 2 Day Well Being Retreat in Hanmer Springs. FOR WOMEN ONLY

## Session 1 - Welcoming Circle and Intentions setting

Get fully acquainted with MJ, Roisin and one another. We will take some time to co-create a space for open sharing and setting our overall individual and collective group intention for the course of the retreat.

## Session 2 - Lightening your load, Release & Let go of the old.

Together we will uncover limiting beliefs, patterns and habits that hold us back from living our fullest potential. With your load lightened you are now ready to access a clearer vision and your highest values moving forward.

In this session we will also explore the deeper universal laws of creation such as the law of attraction and law of abundance. We will also discuss the female success model based on a new paradigm of collaborative, co-creative and co-operative business values.

## Session 3 - Visioning Your Business

Get clear and connect to the deep WHY within you that reveals the core passion that is your business vision. Uncover the key words, phases and insights that will begin to shape your aligned vision statement.

## Session 4 - Clarifying your values

We will discuss the importance of values in creating your inspired business. You will identify the core values that speak to you at the deepest level. You will then be coached on how to clarify the values of your business and how to communicate these effectively.

## Session 5 - Rock out & embrace your awesomeness

In this special session we will take time to really celebrate who we are and what we have already achieved in life and businesses. We are always so busy striving forward that we sometimes forget to look back and see just how far we have come. Celebrating our achievements is key to keeping our inspiration for our business alive and thriving.

## Session 6 - Inspired Action

A chance to review and refine your visions and values in order to craft an aligned business vision statement.

Armed with your vision statement we can now look at how you currently create your days and what changes can be made to align your actions with your vision and values.

## Session 7 - Embodying your inspired Business Vision

On our final session we will move into playing with how we embody our vision and our values tapping ourselves into both mental and emotional intelligence.

We will leave time at the end of the session to share any big insights we have experienced and review our intention. We will also create some momentum and accountability by discussing how we plan to carry our inspiration forward into our business. You will be invited to join our private Facebook group for continued support, questions, coaching and inspirations.

**TO BOOK CALL MJ : 03 3157429**

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**BE INSPIRED BY YOUR BUSINESS !**