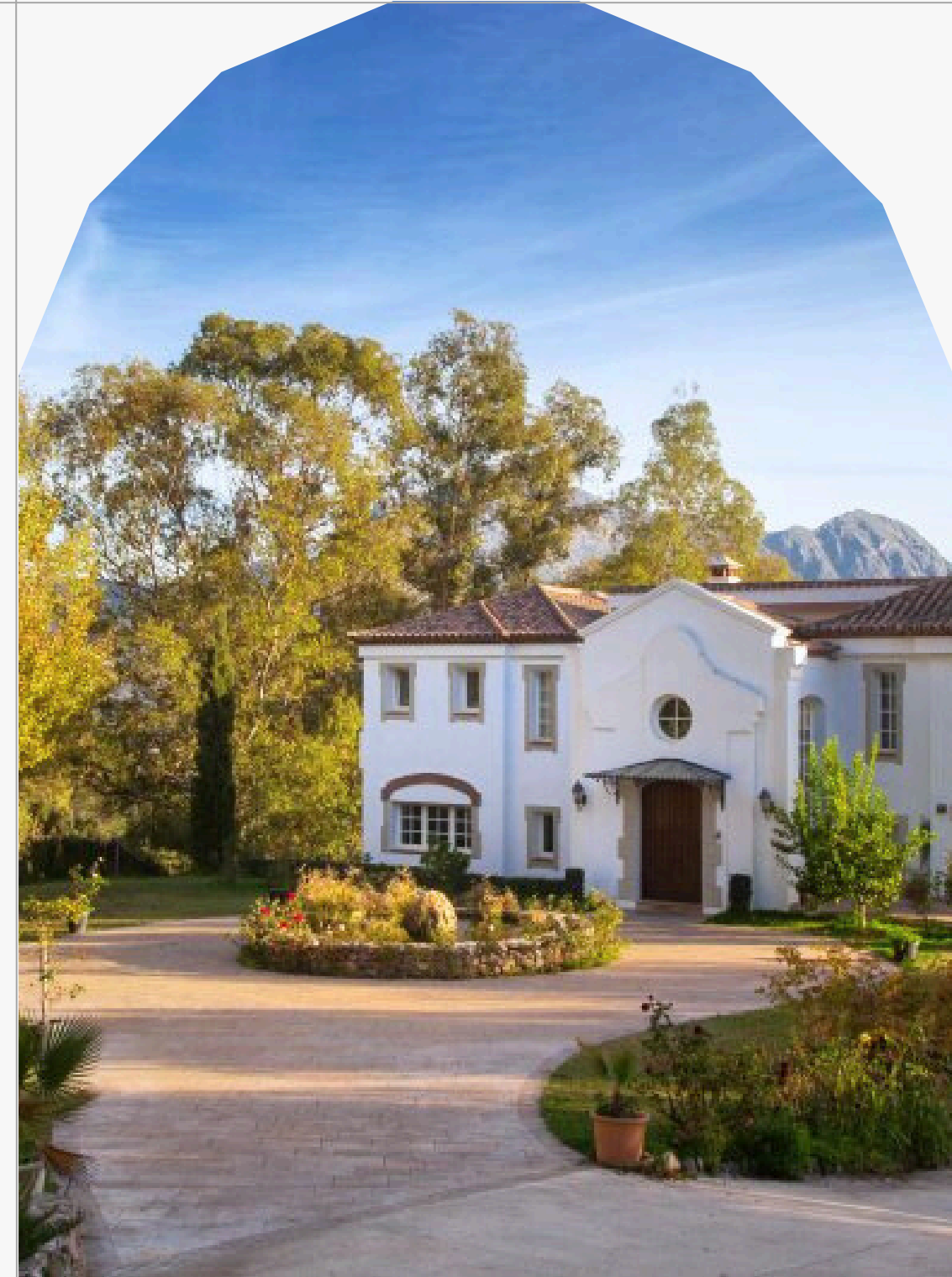


RECONNECT



SUBTRACTIVE RETREATS

Space & clarity for high performing
business leaders and their teams



WHY A RECONNECT RETREAT IS DIFFERENT



You're NOT going to 'work hard' on yourself



You're NOT going to meditate in silence



You're NOT going to get some 'must do' tips that you'll later stop applying



You're NOT having a temporary break from the noise of life

LIFE-CHANGING IMPACT



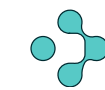
Utilising a transformative coaching concept that's **new to the business world**, with an impact greater than many tried and tested personal development & wellbeing programmes, you and your team are going to RECONNECT to who you naturally are when you're **free of the noise in your head**.

And most importantly: You will be able to access this **natural state ongoing** - especially when times get tough.

Outcomes:



Sustainable growth from a place of calm, clarity and confidence instead of pressure, expectation and noise



Deeper connection to colleagues, customers and loved ones



You'll know how to lead from insight, and enable those around you to do the same, to lower the risk of burnout

THE PSYCHOLOGY OF SUBTRACTION

99% of coaching concepts are additive. They give you lots of things you MUST DO in order to be OK.

Reconnect is subtractive. Designed to TAKE AWAY all of your excess noise and effort, so that you can CHOOSE what is best for you in each moment.



THE METHODOLOGY INSIDE—OUT

You have everything that you need in order to be able to be the most resilient and best version of yourself.

Reconnect helps you be able to find within YOU the state of flow, excitement and joy, then be able to tap into that when you are in everyday and challenging situations.

“CLIENT EXPERIENCES

BUSINESS LEADERS THAT HAVE SEEN A LIFE CHANGING IMPACT AFTER JUST ONE RECONNECT RETREAT



KEVIN MILNES
Founder, Liberandum Digital

I don't think I can ever simply explain the value that I'll take away from this weekend.

This is the first time I've really walked away from something and gone **this is actually going to change how I run my business and how I get the most out of the relationships in my life.** The insights I've been able to get from this weekend have just been invaluable and **I don't see how I could have achieved that without taking the time away from everything to just focus on me.**



SABRINA CHEVANNES
CEO, Complex Creative & NOBS

This weekend I came in with a fully open mind. **I haven't even opened my laptop, apart from to sing karaoke. Which is incredible for me.** I left work, and everything else at home and just wanted to be present. I did that this weekend.

I've taken away so much from it, I've been able to laugh innocently like a child over the most stupid things but I don't remember the last time I did that, you know that **genuine innocent childish laughter where it doesn't matter, you're just in that moment and it's so funny and you're so happy and it's just pure joy.**

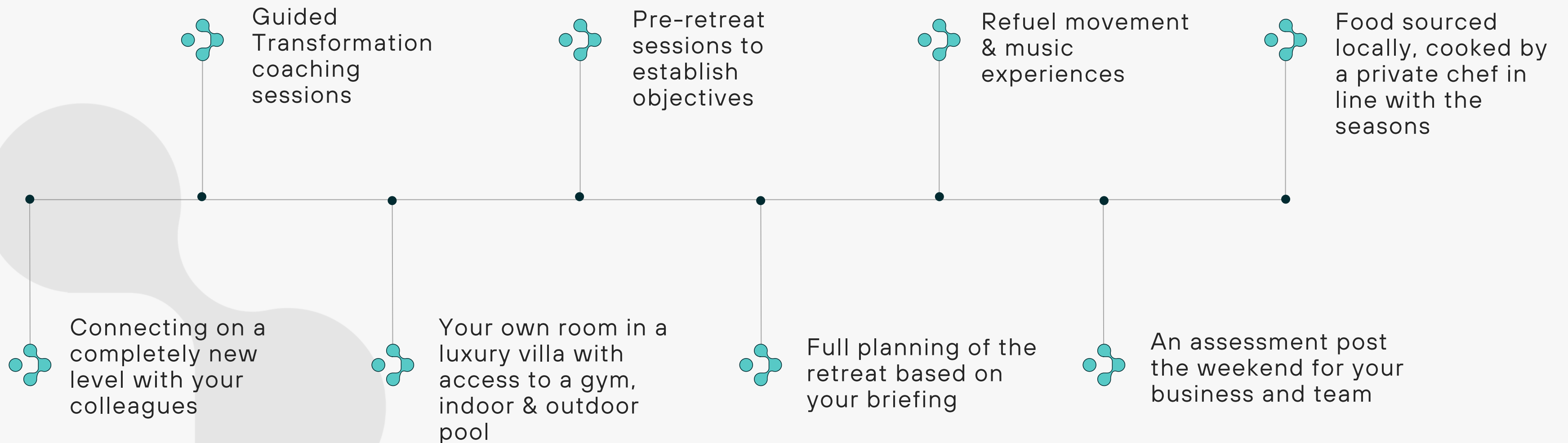


ADAM RUBINS
Exited Agency Founder, Way To Blue

But what is there to learn? Or what's the strategy as I kept shouting in a clenched business like manner.

Well I'll leave that answer to the experts. **All I know is the outcome is less anxiety, more energy, more awareness and more productivity. Which creates a happier Adam.**

THE EXPERIENCE WHAT'S INCLUDED



MEET YOUR TEAM



EMMA CLAIRE DAVIS
Chief Reconnector

Emma is a transformative coach who helps business leaders sleep more soundly at night. She is an ex stress-addict who helps leaders to reconnect to their natural state of clarity, joy and flow. Creating the conditions for you to access game-changing insights.



JOANNA ROTHFAHL-DAVIS
Marketing & Refuel Coach

Jo is a Co-Founder of Reconnect Weekends and Founder of Refuel, the movement and music experiences that form part of the retreats. With her organisational and operational hat on, she ensures your stay is one you will never forget.



BELLA HEGARTY
Customer Experience

Learning through experience is at the core of Bella's work both within Reconnect & through her consultancy. Directing our client experience and operations, you and your journey is the centre of Bella's focus, making sure you have everything you need to have the best possible experience.



GARY BURTON
Transformative Coach

Gary works closely with Beyond Recovery CIC delivering wellbeing programmes within the HM Prison Service. Gary will help to facilitate sessions during the retreat, sharing his stories that will help you to reconnect and deepen your understanding of yourself.

YOU HAVE NOTHING TO LOSE

We'd love to plan a retreat together with you, for you and your colleagues. But you definitely need to experience Reconnect first.

Therefore the next step is to have a call with Emma, our Head Reconnector. Send us your Calendly link per email or WhatsApp, and we'll book in a call asap.



hello@reconnectweekends.com

[Whatsapp us](#)

