

Life-Work Discovery retreat 8 - 12 December 2021

Would you like to discover your lifework: work that energises because you enjoy doing it?

Are you wondering how you can best contribute?

Would you like more balance in your life, balance between work and play?

Have you been wondering about your purpose?

Have you lost your job and are you not sure what to do now?

Are you looking to change what you do, but you're not sure as to what and how?

Have you been wondering about yourself, like: who am I?; what are my talents?; what do I want?



What we are offering is a Life-Work discovery retreat that will help you to discover your work, based on who you are in essence, your natural talents and values, your purpose and what brings you joy.

It is an in-depth exploration of you, your life and your work that will help you answer 3 main questions:

- ***Who am I?***
- ***What are my talents?***
- ***What is my purpose?***

This 5 day/4 night retreat in a small group (4-8 people) consists of:

- An individual intake session prior to as well as a completion session after the retreat with your coach
- 2 assignments to complete prior to the retreat
- Beautiful accommodation in Scottburgh on the South Coast
Hosted by www.barefeetretreat.co.za
- 3 delicious and nutritious meals a day + coffee, tea, water & juice

We will work with your biography, natural talents, skills, values, joy and longing, and possibly with limiting beliefs.

By the end of the programme, you will know yourself a whole lot better, have a lot more clarity and you will be ready to take your life's work to the next stage.



In working with everything that is, Kahuna body work can be very supportive, which is optional and additional.

Investment

R5900 for (South) African residents or €395 shared accommodation

R7060 for (South) African residents or €470 single accommodation

More info

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Booking form

<https://forms.gle/TnTnxbFbRNCuAPr8>

