

Step into Your Power: Capture Your Inner Leader and Thrive with Confidence November 8th-10th, 2024

Step into your personal leadership and take charge of how you see yourself and how others perceive you, no matter where you are in your career. I'm Teresa, a Team building and Leadership coach, and I'll be joined by Alessia, a photographer. Together, we're hosting an inspiring retreat at the peaceful Eremito, Umbria, Italy.

We've designed this retreat for women from all walks of life—whether you're leading in the corporate world, running your own business, or simply looking to find more balance and purpose. Through a mix of workshops, creative labs, and movement practices, you'll have the space to reflect, connect, and discover what really drives you.

Alessia's photography will also be part of the experience, capturing who you are on the inside and how you show up on the outside, giving you a set of images that reflect the real you. It's about showing yourself in a new light and feeling proud of who you are.

We'll spend time with a small group of like-minded women, sharing stories, challenges, and insights. You'll leave with fresh energy, new perspectives, and a clear sense of how to move forward—plus photos that remind you of the empowered, confident woman you are.

This retreat is for you if:

- You're looking to break free from limiting beliefs and step confidently into your leadership role.
- You want to explore deeper aspects of who you are and how you show up in the world.
- You're at a transition point in your career, whether climbing the corporate ladder, building your business, or re-evaluating your next steps.
- You seek to balance professional success with personal fulfillment and connect with like-minded women on a similar path.

Included in the stay is:

- 4 Workshops/Seminars
- 4 Practices: Yoga, Plexus Method, Embodiment class meditation, and breathing
- Photography and Coaching Session and Art Lab- sleeping in "Celluzza"
- Full board with water and wine during meals
- Relaxation area with hot tub, Turkish bath, towels, bathrobe, and slippers
- Transfer from downhill parking to Eremito (700m)