AN INVITATION TO LEAD DIFFERENTLY



Lead Differently. Begin With Yourself.

AN EXCLUSIVE EXECUTIVE LEADERSHIP RETREAT

Four days to step away from everyday demands, reflect on the way you lead and return with renewed clarity, presence and purpose.

3 NIGHTS / 4 DAYS · AN INTIMATE GROUP OF LEADERS

WHY THIS RETREAT, WHY NOW?

When did you last give yourself space to think?

Leadership calls for judgement, resilience and attention to others. Yet the time to question our assumptions, consider our impact and reconnect with what matters is often the first thing to disappear.

In a small, confidential group of fellow leaders, this retreat offers a rare opportunity to think deeply, exchange perspectives and explore what your leadership needs now.

WHO IS THIS RETREAT FOR?

For senior executives, founders and professionals navigating change, complex decisions or uncertainty — and for those simply seeking a fresh perspective on how they lead.

Sometimes stepping away is precisely what allows us to move forward with greater clarity and purpose.

THE LEADERSHIP JOURNEY

A different kind of leadership development.

A holistic journey combining facilitated coaching, embodied awareness, reflection and peer dialogue. Three connected themes move from understanding yourself to strengthening relationships and shaping what comes next.

01 **LEADING YOURSELF**

Pause to notice the beliefs, patterns and pressures that influence how you lead. Explore your values, energy and sense of purpose, building the awareness and presence to make more conscious choices.

02 **LEADING OTHERS**

Explore how your presence shapes trust, relationships and team dynamics. Reflect on difficult conversations, boundaries and the balance between listening, challenge and genuine connection.

03 **LEADING FORWARD**

Look ahead with fresh perspective. Translate your discoveries into practical intentions for the decisions, relationships and transitions awaiting you, with space to consider what sustainable leadership means for you.

YOUR EXPERIENCE & HOSTS

Space for what matters most.

A holistic rhythm of guided reflection, mindfulness, embodied practice, meaningful dialogue and time in nature — with room for both challenge and stillness.

WHAT WILL YOU TAKE AWAY?

Not ready-made answers, but fresh perspectives: greater clarity about your leadership, deeper awareness of yourself and your relationships, and meaningful intentions to take forward.

YOUR FACILITATORS

Christina Dennis | WDR

Director of WDR, with extensive experience in leadership development globally, designing impactful learning experiences and facilitating meaningful organisational change and transformation.

Fredrik Andersson | The Embodied Coach

An executive coach drawing on Gestalt and positive psychology approaches, with experience across international organisations and leadership contexts.

THE DETAILS

19–22 April 2027 · Mallorca, Spain · Three nights / four days
An intimate group of leaders · Boutique venue to be confirmed

ENQUIRE: embodied-coach.com/retreats · info@embodied-coach.com