

2019 RETREATS IN PARADISE

BROUGHT TO YOU BY

The Retreat Specialists™ & 180° Wellness



THE ENTREPRENEURS TOTAL BUSINESS MAKEOVER

With Rebecca Sharkie

3rd to 10th August 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

DO YOU FEEL LIKE YOU ARE GOING AROUND IN CIRCLES IN YOUR BUSINESS?

WHAT WOULD IT BE LIKE TO STOP THIS AND FEEL LIKE YOU HAVE A PLAN FOR THE NEXT 12 MONTHS?

IF THIS IS YOU AS A BUSINESS OWNER THEN THIS IS THE PERFECT PLANNED FOR THE MIDDLE OF YOUR YEAR.

The perfect time to reassess where your business is at and what you've achieved for the first half of 2019 and what needs to happen in the second half of the year so that you achieve the success you are working so hard for!

What a perfect location for this total business makeover - the space to be working, dip in the pool, have a two hour massage, dip back in the pool, have a cocktail and continue working - how luxurious is that!

Over seven days we will delve into our businesses, celebrate how far you have come and what you have achieved, examine your goals and where you want to be - go home with a plan!

What can I expect?

During this retreat you will be guided through a series of workshops that will help you define your business goals, understand your (finance) numbers and create the content and sales funnel that will get your avatar from sitting on the outer of your circle to actively engaging with you and becoming a paying client and raving fan. All this from the amazingly beautiful and tranquil Twin Sands Resort in Thailand. With specific time out set aside for you every day to be able to relax and unwind, what better way to create your future than on this specific Business Planning Retreat

If any of this speaks to you then you are the perfect candidate to come along - men, women, young, old, fresh to business and learning the ropes, or a seasoned entrepreneur this is the perfect place to be.

We will begin with an introduction to your businesses and begin to get to know each other better, determine our intentions and what outcome we're after by Day 7 and begin to explore what the next 12 months in business might look like for us.

First we will be looking at the many aspects that support us in creating the right mindset and environment that will propel us forward to achieving your goals for business success. You will start to get clear on what it is you wish to achieve over the next 12 months - and how to develop the standards, habits, daily, monthly and quarterly actions that need to be considered.



The Retreat Specialists™

Absolute RESORTS & HOTELS



180° | Wellness
FIRST STEPS TO MIND & BODY VITALITY

Resources you receive: Strong Foundations Course Book. 90 Day planner template

The next stage is to get to know your numbers. It is crucial in a business to understand about managing cash flow (even if someone else is doing this for you) and understanding the financial terms and jargon. This workshop will help you to break down your financial goals and build up your wealth mindset muscle. You'll set up your Cash flow template and know what numbers to keep track of daily, weekly, monthly and quarterly! Learn to love your numbers and you will be rewarded!

Resources you receive: Wealth Course Book. The Cash flow Formula excel template with explanatory video.

Then it is on to the Psychology of Marketing. What's your market thinking, saying, wishing and doing? Who are they aspiring to be and what's the one thing they say they want yet the other thing they truly desire but don't say or maybe can't even language it. Have you got the solution? Is your market hungry and ready to spend? What level of thinking are they at and because of the level they are at, what then are their behaviours and actions? A fascinating subject, the Psychology of Marketing is what every business owner needs to know, understand and implement into your

own marketing to ensure your message is getting in front of your avatar.

What you get: The Psychology of Marketing Course Book.

As something a bit out of the ordinary let's visit local markets and shops with the intention of studying how local businesses market their products and services. Not the traditional way but is there a system to what they say and do? What do we see them implementing from what we know and have learned from our previous workshops..... and some shopping of course, must experience the whole thing!

With strong foundations for our business set we now look at our products and services, our pricing, sales funnel, lead magnet and putting it all together so we can start building or for some of you

increasing the number of leads coming in each week to your business. Learn how to nurture prospects through your seamless sales funnel so it's a no-brainer for your new client that they just HAVE to have what you're offering!

Today we reverse engineer the next 12 months in your business according to your goals and map it out in your 90 Day Planner. THAT is going to be your most important document in your business for the next 12 months.



Who Is Rebecca Sharkie?

Leaving a corporate career to raise a family Rebecca began studying various healing and wellness modalities and business studies as it was always her dream to work for herself. Gaining certifications in Feng Shui, Chinese Astrology, Hypnotherapy and Reiki, Rebecca began her wellness business from her home in the outer suburbs of Melbourne's North.

Rebecca would run weekly meditation classes, various spiritual and personal development workshops and events for over eight years before her passion for helping, coaching and mentoring other

small business owners and entrepreneurs led her to where she is now.

As a student of Australia's most prestigious coaching school if not the world, Rebecca has spent the last three years studying and applying her studies of life and business coaching to helping her wellness clients and branching out on her own as a Creative Marketing Strategist and Small Business Coach for entrepreneurs. Her specialty is her ability to assist her clients in the new and developing field of Messenger Marketing.

Often calling herself a serial

entrepreneur it is Rebecca's vision to help 1000 entrepreneurs build a their dream business that is sustainable, profitable and scalable.

With Rebecca's ability to tap into both spirituality for personal growth and business skills for development and growth, she is highly sought after, often giving presentations, holding workshops and appearing on podcasts and events as a guest.

The Program

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport Rebecca will be there to greet you during the check in process
2 Sunday	9.00am 1.00pm 7.00pm	Breakfast This Welcome Workshop will give you what I call a ‘helicopter ride’ for the next 6 days. We will meet and get to know each other better, determine our intentions and what outcome we’re after by Day 7 and begin to explore what the next 12 months in business might look like for us. You will be welcomed by the 180° Wellness Team who will introduce you to the Bliss Spa Cleanse and answer all your questions. Free time to head into Patong beach for lunch and shopping Dinner – Thai Banquet – a fitting start to the Retreat
3 Monday	7.00am 10.00am 12.30pm 1.30-3.30 pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast This morning we will be looking at many aspects that support us in creating the right mindset and environment that will propel us forward to achieving your goals for business success. Lunch 2 hour spa treatments Dinner
4 Tuesday	7.00am 10.00am 12.30pm 1.30-3.30 pm 5.30 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Know your numbers. So important in small business is managing cashflow and understanding the financial terms and jargon. This workshop will help you to break down your financial goals and build up your wealth mindset muscle. Lunch 2 hour spa treatments The Psychology of Marketing. What’s your market thinking, saying, wishing and doing? Dinner
5 Wednesday	7.00am 10.00am 12.30pm 1.30pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast 2 hour spa treatments Lunch Let’s visit local markets and shops with the intention of studying how local businesses market their products and services. Dinner
6 Thursday	7.00am 10.00am 12.30pm 1.30-3.30 pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast With strong foundations for our business set we now look at our products and services, our pricing, sales funnel, lead magnet and putting it all together so we can start building or for some of you increasing the number of leads coming in each week to your business. Lunch 2 hour spa treatments Dinner
7 Friday	7.00am 10.00am 12.30pm 1.30-3.30 pm 7.00pm	Yoga - Thai Tea Ceremony -Breakfast Today we reverse engineer the next 12 months in your business according to your goals and map it out in your 90 Day Planner. THAT is going to be your most important document in your business for the next 12 months. Lunch 2 hour spa treatments Dinner - let’s celebrate what we have learnt over the week with our last dinner together
8 Saturday	9.30am	Breakfast and Departures

Package Prices & Inclusions

The package price is outlined as follows

	Thai Baht	AUD	USD	Euro
Participant Single Room – Studio	฿98,800	\$4240	\$3197	€2697
Participant Shared 1 bedroom	฿90,897	\$3899	\$2797	€2497

Includes:

- All accommodation in a single share Studio Apartment at Absolute Twin Sands Resort & Spa
- Transfers to and from Phuket Airport
- Complimentary transport to Patong Beach
- 7 Breakfasts, 5 Midday Meals, 1 Thai Banquet and 5 Evening Meals
- The Retreat Specialists™ Welcome Gift
- All workshops with Rebecca Sharkie throughout the retreat
- Participation in the 180 Wellness Bliss Spa Package as outlined on the 180° Wellness website www.180wellness.asia – valued at \$3393 AUD
- Five x 2 hour spa treatment at 180° Wellness
- Daily detox (gentle) yoga
- Thai Tea ceremonies
- Daily energising juices and wheat grass shots along with Thai basil seed drinks
- Full use of infra-red sauna and gym
- A 1:1 consult with the Spa Manager to consult about Body Metrics
- All workshops
- Pre and post retreat contact
- A 180° Wellness Spa Welcome Pack
- Free shuttle bus to and from Patong Beach

Excludes:

- Flights and any additional accommodation outside of the retreat dates
- International Travel Insurance
- Tips to staff
- Extra spa treatments

To book please scan the QR code here to be taken to our booking page or visit www.180wellness.asia/retreats/join2019retreats/



About The Retreat Specialists™

The Retreat Specialists™ are formed of 26 years of experience in the retreat industry and brings together a range of Resorts with a wide roster of Retreat Facilitators curated by the Retreat Specialist Liesel Albrecht.

All Retreat Facilitators are experts in their field and bring together a unique program of expertly crafted retreats in a wonderful range of worldwide resort settings, providing those on holiday with a wide choice of wellbeing experiences, tailored to their needs.

The Retreat Specialists™ work in close collaboration with the resorts so that, together, we can provide guests with an unforgettable experience.



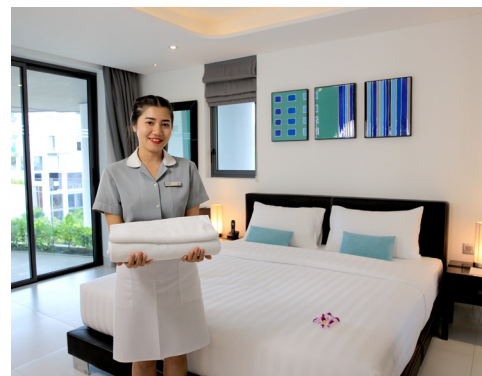
About Absolute Twin Sands Resort & Spa, Phuket, Thailand

Absolute Twin Sands Resort & Spa is a stunning resort with panoramic ocean views, contemporary apartments, outstanding dining and wellbeing opportunities and five-star service, all in a spectacular peninsula setting minutes from Patong on the stunning island of Phuket. Nestled between two perfect white sand beaches, every one of the 185 apartments and penthouses, available as studio, one and two bedroom, combine the best of contemporary design, architecture and furnishings to create a comfortably chic holiday retreat for couples and families alike.



About 180° Wellness

180° Wellness welcomes guests from all over the world who benefit from our nurturing, fun, educational and effective 180° Wellness programs. On a program with us, you will reap the benefits of a range of health, wellbeing and detox programs, the delicious nutritionally balanced cuisine consciously prepared by our in-house Nutritionist, our relaxing spa services, our carefully curated Yoga and Meditation programs, inspiring conversations and discussions on the principles of wellbeing, all in the comfort of our home, the stunning Absolute Twin Sands Resort & Spa, positioned between two fabulous secret beaches on the west coast of Phuket island.



Frequently Asked Questions

We are often asked a few standard things when people come to Thailand.

1. Will there only be Thai food to eat?

No, each program has a consciously curated menu under expert Nutritionist supervision. We offer a great fusion of foods at the resort restaurant and can cater for any dietary or allergy requirements.

2. How will I get from the airport to Absolute Twin Sands Resort & Spa?

When you book the resort will request your arrival and departure times and they will organise transfers. You will be informed of how to find your driver when you come out of the airport closer to the booking.

3. I won't know anyone so I am a bit nervous

The beauty of these retreats are that you don't have to share a room and the group will bond really quickly - we guarantee it - you will have 9 or more new friends within the first hour!

4. The program looks pretty full will there be any free time?

We will make sure of it. There are shuttle buses to Patong Beach that leave regularly and there will be plenty of time to lie by the pool. There will be lots of time for napping, chatting and shopping!

5. Can I stay longer?

Yes of course when you are booking let the resort know and they will book you accordingly and if you want to travel anywhere else in Thailand The Retreat Specialists™ can help with this.