

2019 RETREATS IN PARADISE

BROUGHT TO YOU BY

The Retreat Specialists™ & 180° Wellness



THE SENSE OF SELF RETREAT

With Tamica Sears

12th to 19th October 2019

Absolute Twin Sands Resort & Spa, Phuket, Thailand

HAVE YOU WORKED SO HARD THAT YOU'VE LOST TRACK OF YOURSELF? ARE YOU FIGHTING THE BATTLE TO "HAVE IT ALL" AND LOSING? TOO BUSY BEING MOM, THE BOSS, THE WIFE, THE STRONG ONE, TO REMEMBER WHO YOU REALLY ARE? HAVE YOU LOST YOU IN ALL THAT YOU GIVE AND DO EACH DAY? IT DOESN'T HAVE TO BE THAT WAY. TAKE A WEEK AND TRANSFORM FROM RUNDOWN TO RECHARGED. FROM SELF-LESS TO SELF-ASSURED. FROM FRAZZLED TO FABULOUS. DISCOVER YOUR TRUE SENSE OF SELF AND START LIVING YOUR ABSOLUTE BEST LIFE.

In 5 days you will learn more about yourself than you have so far in your lifetime. Self-awareness is a key predictor of success, so discovering who you are is the foundation of this retreat. You will spend time digging deep into who you are, discovering what you want most out of life and putting steps in place to make it happen.

Discover who you really are and unlock your true potential at Sense of Self, my signature retreat.

What can I expect?

Through a series of coaching exercises and mediation, Sense of Self takes you on a journey through five senses of self.

Each day we focus on a different sense to help develop and refine. The 5 senses that we walk through are sense of self, self-reflection, self-confidence, self-esteem, self-worth and finally on to self-acceptance. Using evidenced based coaching techniques and tools this retreat is packed with ways to help you find your way back to your beautiful, authentic self.

Designed to help those who are so busy that they've lost track of themselves, we take you on a journey of self-discovery like none other to help reposition yourself on the road to expedited success. Arrive feeling overwhelmed, tired, stressed out and directionless. Leave feeling empowered, positive, on track and energized, with full knowledge of the steps that you need to take to remain in the space long after your return home.

Self-reflection gives you deep insight into you who you are now, the person you've become, and the person that you would like to be. We will use a DiSC Personality Assessment to help you understand some of your natural tendencies and behaviors and the best way for you to communicate and collaborate effectively with others. Using this as a base we will determine what your personal retreat goals to ensure that you have the best possible outcome.

We then move into self-confidence, discovering what you do well and focusing on the pieces of yourself that allow you to walk through life with style and grace. Starting off with mediation to help center our minds we will discover and

celebrate all of the things that positive qualities make you uniquely you. Our time will be spent on uncovering your strengths and undiscovered talents and affirming all of the awesome things that make you, you.

Self-esteem is the next focus area where you will find ways to work through the negative areas of your life and find daily reminders of your greatness. Exercises to help you develop a process of eliminating negative self-talk, banishing what I call Stinking Thinking. After we walk through the things that you love about yourself, we will identify current toxic relationships and work through strategies to move them into either positive relationships or eliminate them from your life.

As we move into self-worth you will learn how to confidently tell the story of you and speak to the value that you bring to the world. Building on what you have learned and continuing to define who you are, we will create a Personal Mission Statement to give you a foundation for your personal legacy. You will craft the message that defines the mark that you want to leave on this world.

The final sense, self-acceptance, will show you the power of gratitude and thankfulness as we create the plan for you to breathe new life into your world upon your return home. Starting with mediation and a gratitude journal, we will then create actionable steps for you to incorporate all the growth that you've achieved back into your daily life.

To get the most out of the day's exercises and learning, each evening you will be asked to track your progress and any reflections in the Retreat Journal that you will be provided. You will also receive a Time Management Journal and a Gratitude Journal to help maintain the mindset and behaviour changes that you have been able to achieve.

This retreat promises to reboot and revitalize allowing you to go back to your daily life with a renewed mindset as well as effective tools, strategies and a clear action plan designed to provide sustainable results that allow you to continue to live your best, most authentic life.



Who Is Tamica Sears?

Tamica Sears is based in Phoenix, Arizona, USA, a 40-year-old mother of 2 adult children and an incredibly adorable dog. She is a Certified Leadership Development and Executive Coach and who worked as an HR Professional for just over 20 years. Working in Human Resources and as a Coach, she interacts with many different types of people, from all walks of life. Those interactions have helped her grow and develop as a person.

Tamica is a mindset changer, and believes that no problem can be solved unless you get to the root cause and in most people, root cause is often your

sense of self. Lacking this is often the cause of unhappiness, lower self-esteem and a scarcity of overall success.

She describes how she has not had a fairy tale life. She grew up poor, had a child as a teenager, is twice divorced, yet she is, by most people's definition, wildly successful. She attributes her success to being okay with and truly loving her authentic self.

She loves the work that she does because she gets to see entire organizations change, shifting culture and norms, one person at a time. She loves the work that she does because

she helps people love themselves which causes major shifts and positive forward momentum for clients.

Tamica's qualifications include ACC Accreditation from the International Coach Federation, Coaching Certification from the Institute for Integrative Coaching, Masters in Leadership Administration from Northern Arizona University, Certified NLP Practitioner and 20+ years of Human Resources Experience.

The Program

DAY	TIME	OUR DAYS
1 Saturday		Arrival and check in / transfer from the airport Tamica 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 expectations for the next 6 days. We will meet and get to know each other better, determine our intentions and what outcome we would like to achieve by Day 7 and begin to explore what we want the next 12 months in our lives might look like. Everyone will get their DiSC profile report and Retreat Journal. 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 Sense: Self-Reflection. We will go through our DiSC profiles in detail and do self-reflection exercises. Lunch 2-hour spa treatments Dinner
4 Tuesday	7.00am 10.00am 12.30pm 1.30-2.30 pm 5.30 7.00pm	Yoga - Thai Tea Ceremony - Breakfast Sense: Self-Confidence. We will start with a Body Image meditation and then do exercises designed to help determine strengths. Assign Mirror Exercise. Lunch 2-hour spa treatments Walk through Mirror Exercise Dinner
5 Wednesday	7.00am 10.00am 12.30pm 1.30-3.30 pm 7.00pm	Yoga - Thai Tea Ceremony - Breakfast Sense: Self Esteem. Building on the other senses we will define your narrative using exercises to help you learn to articulate your worth and craft your personal mission statement. Lunch 2-hour spa treatments Free Time Dinner
6 Thursday	7.00am 10.00am 12.30pm 1.30-3.30 pm 7.00pm	Yoga - Thai Tea Ceremony - Breakfast Sense: Self-Worth. Building on the other senses we will define your narrative using exercises to help you learn to articulate your worth and craft your personal mission statement. 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 Sense: Self-Acceptance. Today starts with a self-acceptance mediation and moves into and exercise to give thanks to those in our lives who have helped along the way and then we will do an exercise to create an action plan for implementing our learnings once you have returned home. We will end the afternoon with a gratitude walk. Lunch 2 hour spa treatments Dinner - let's celebrate what we have learned 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 Tamica Sears 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.



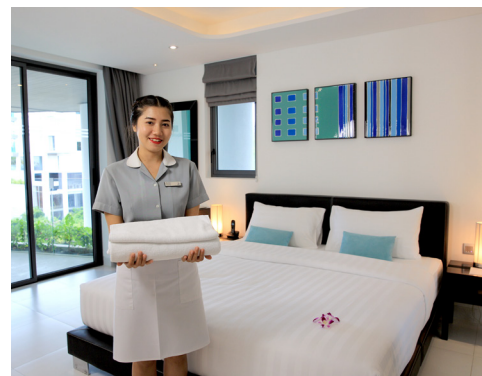
About Absolute Twin Sands Resort & Spa, Phuket, Thailand

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.