

Uncover

- Learn to dream and uncover what you really want in the 12 Areas of Life.
- Rid yourself of self-sabotaging beliefs and replace destructive thinking with a clear, results-focused perspective.
- Make and keep promises to yourself and learn how to tell the truth while identifying and understanding your life lesson.



Design Your Life[®] Retreat



Resolve

- Fast track rapid results in the 12 Areas of Life.
- Establish a new vision for the future.
- Forgive and be forgiven, once and for all.

Rebuild

- Design and implement a healthy strategy to move forward.
- Set up a system to keep yourself in check.
- Plan for results and start the work of changing immediately.



If you are seemingly stuck and are ready to radically change your life in some of the most challenging areas of your life, a Design Your Life retreat is for you. We can help!



Design Your Life[®] Retreat

This is a one-on-one private experience between you and a master coach, typically held as an in-depth day or two-day retreat. This is for new or existing clients and is best suited for people who are thriving but looking to fast track several areas of life and produce rapid results. You'll learn to dream and uncover what you really want in 12 areas of life, get rid of self-sabotaging beliefs, make and keep promises to yourself around body, career, relationships, time management, family, (and more!) and learn how to tell the truth while identifying and understanding your life lessons. You'll leave the retreat with a new perspective, attainable goals, and an inspired personal plan.

All retreats require significant and required written homework and most retreats also require individual prep sessions prior to the retreat itself.

Getting Started: The first required step in purchasing a personal retreat is an in-depth conversation with a coaching consultant to decide if a design your life retreat is the right step for you or your group: www.handelgroup.com/consultation/