

# Uncover

- Process feelings and clean up resentments from the past.
- Identify recurring themes and behavioral patterns and learn how to break them.
- Replace destructive thinking with a clear, results-focused perspective.



## Advanced Design Your Life Retreat



# Design

- Fast track rapid results in specific areas of life.
- Establish a new vision for the future.
- Forgive and be forgiven, once and for all.

# Define

- 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, an Advanced Personal Retreat is for you. We can help!



## Advanced Design Your Life Retreat

This retreat is for existing HG clients only who are ready to fast track and produce rapid results in specific areas of life or who need intensive work on incidents from the past. If, even after regular weekly coaching, you are still stuck in a specific area of life, like career, love, money, family, or health, you may need a deeper dive. HG has a process specifically designed for experienced clients to help hack into those harder areas, connect the dots, and radically change your life. This session is designed to comprehensively address issues from the past and plan for the future.

All personal 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 personal retreat is the right step for you or your group.