



Transformational Private Retreat Day for Leaders

All private retreat days, whether for individuals or small groups, include Erin's Signature Divine Insight Sequence to revolutionize decision-making, transformation, and innovation, as well as Erin's mindful presence and skillful facilitation skills.

What this approach may do for you:

- Open your mind
- Do away with distraction
- Harvest your deepest truths
- Deeply expand possibilities
- Unlock your purest creativity
- Accelerate personal transformation and team innovation
- Identify and eliminate bankrupt pathways
- Change your life perspective forever (seriously!)

The results?

- Clarity
- Inspiration
- Motivation
- A Concrete Action Plan with prioritized next steps

"Erin's approach has opened my mind and broadened my perspective like nothing I have ever experienced." –Karen Meshkov, Publisher, Natural Awakenings magazine

Time commitment for individuals:

- One planning session (up to 2 hours)
- One day retreat (5-6 hours) plus travel time to and from retreat location
- Two follow-up check-in sessions (30-60 minutes each)
- Options to "add-on" additional support for implementation

Time commitment for teams:

- Two planning sessions (up to 2 hours each)
- One day retreat (6-8 hours) plus travel time to and from retreat location
- Option to "add-on" future mini-retreat for top team members for additional refinement of larger group team outcomes
- Two follow-up check-in sessions (30-60 minutes each)
- Options to "add-on" additional support for implementation



Retreat Day FAQ

What is Erin’s Signature Divine Insight Sequence?

It is a sequence of passive yoga poses, breathing-centered meditation, and verbally guided visualization that is customized for each individual (or individuals within the team) designed to:

- Result in deep relaxation
- Relieve tension in the physical body
- Expand breathing capacity and intake of vital oxygen (the Western view) and “qi” or “prana” (“life force energy” in the Eastern view)
- Shift you from an over-stimulated and over-distracted “yang” state to a deeply present and self-aware “yin” state
- Quiet the busy modern human thinking mind (“aka” the neo cortex, which is home to your rational thinking, spatial reasoning, and other key functions)
- Activate your more instinctual and spiritual self (“aka” the limbic system, which is the home of your emotions, behaviors, motivations, long-term memory, and much more)
- Shift from “head” to “heart”
- Create the perfect conditions for key insights that translate into breakthrough awareness and results (see bullet points on page 1)

My work with Erin “helped me gain greater perspective, connecting the dots in my business and life so I better understand how my day-to-day choices support my bigger picture and longer term plans.” –Caryn Kopp, Chief Door Opener®, Kopp Consulting

Contact Erin to learn more about what this retreat day could do for you!

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