



LEAP is based on contemporary research and approaches that will help you clarify what's important for you, and through personal insights you'll gain clarity of direction and be filled with that inner sense of calmness and vitality that prevails when we know we are on the right track, doing what we love.

Leap New Zealand is a 3 day, 3 night programme that will provide strategies and tools to create and achieve the goals you set for yourself, to activate change and ignite your full potential.

## The Programme Daily Workshops

Your programme begins well before you arrive. You will complete an online survey and have a personal debrief to help you identify your strengths. Knowing what you are good at and what energises you is the first step.

When you join us for your retreat, your programme will include: 2 x individual coaching sessions, daily facilitated workshops based on contemporary research, daily morning exercise, inspiring guest speakers, planning, relaxation and reflection time, healthy and delicious meals throughout and of course - beautiful and inspiring accommodation.

Ultimately the impact will be far reaching: your personal satisfaction, your happiness, your relationships, family life, career, and your health will all benefit. You'll come away with clarity of purpose and direction, the know how to make it happen and the support to make it stick.

Daily workshops cover a range of topics specifically chosen to help you achieve your goals.

These include:

- Positive Psychology
- Happiness and Wellbeing
- Navigating change and overcoming barriers
- Purpose, Values and personal alignment
- Setting and planning your goals
- Mindset and maintaining focus
- Understanding and leveraging your strengths
- Meditation and mindfulness

### Afterwards..

We know making changes takes courage and commitment, that's why you'll have access to your coach after your retreat to support you when you return to the day-to-day challenges of your busy life.

## Take your LEAP with us!

If you have a desire for something different in your life, this energising and inspiring programme will help you take the LEAP towards your goals.

Contact us for upcoming dates.



Contact Us



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