

# WORKSHOP: MASTERY

# UPPING YOUR ELVIS

## DURATION

Five days

## WHERE

Lyme Regis, Dorset



## WHAT

A five day residential retreat for up to ten people who are coached to inject creative and conscious leadership into any business situation and beyond. A fully submersive and intense experience where you will learn how to be more Elvis every day and bring energy, awareness and creativity to all that you do. A total mind and body re boot - people often have breakthroughs and leave not just inspired and energised but with the skills to drive new thinking to their work and lives.



## WHERE

At the stunning Elvis HQ in Lyme Regis, Dorset. Founder Chris's Georgian mansion home allows people to feel relaxed and able to contribute immediately. There are acres of grounds to enjoy and sea air to breathe. Feeding your mind, body and soul.



## WHAT YOU GET

- A week of the most joyful and experienced training this planet can offer.
- How to deliver energy, awareness and creativity to your work and life, every day
- Masses of hands-on practical learning and deliverable tools
- Discover how to embrace flexibility, experimentation and collaboration
- The understanding in how to inject new thinking onto any situation.
- The skills to lead others in thinking differently and make every interaction count
- How to facilitate, present successfully and hold a room
- Learn how to embed a positive and productive feedback culture
- Personal brand work - who you are, what your values are, what your future could look like culminating in a personal 'brand launch'
- A belief that you can make your world better and an actionable plan to make that happen
- Public commitments to self and business on sustaining change in the future.

- A boost to your mental health and general wellbeing
- Follow up coaching to help you stay on track
- A beautiful restorative coastal venue, with like minded folk, nutritious food and fresh air
- A party night with a delicious supper crafted by a River Cottage chef.



## RESULT

- A confident core of leaders who can inject creative magic into any opportunity.
- Strong role models who will shift your culture into a more energetic, human and inspiring one.
- The skills to drive that change and lead a high behavioural standard within the business, driving bottom-line results.
- A belief that they can make their world better and a plan to start that happening.
- A huge energetic boost bringing joy and excitement to all that they do.



## CONTACT US

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