

STRONGER WOMEN RETREAT

22-25 September 2017



A desert experience that nourishes your spirit to heal and to lead

Glamorous? NO ... Beautiful? YES ... Distracting? NOT SO MUCH ... Deepening? YES ... Clock-watching? CLOCK?? ... What happens? LOTS ...

Desert time? ALWAYS, EVER, NOW ... Is this for me? ... YOU WILL KNOW!

Sometimes we just need to stop and rest in our own authenticity in order to discover.

As women we heal others, we lead others – whether as parents, professionals or presidents. Within this spectrum, many of us find that in the process of striving to achieve, we develop only a part of ourselves, leaving vital aspects behind.

In the midst of the ‘doing’ that so often signals ‘achievement’, women often report that their wellbeing is compromised and they feel alone, burnt out, disconnected or empty.

By contrast, research and our work show that ‘who’ we are ‘being’ as we live our lives as women can nourish our emotional health, support our personal growth, heal others and empower those in our lives to flourish and thrive. Doing so together strengthens us collectively and benefits the planet.

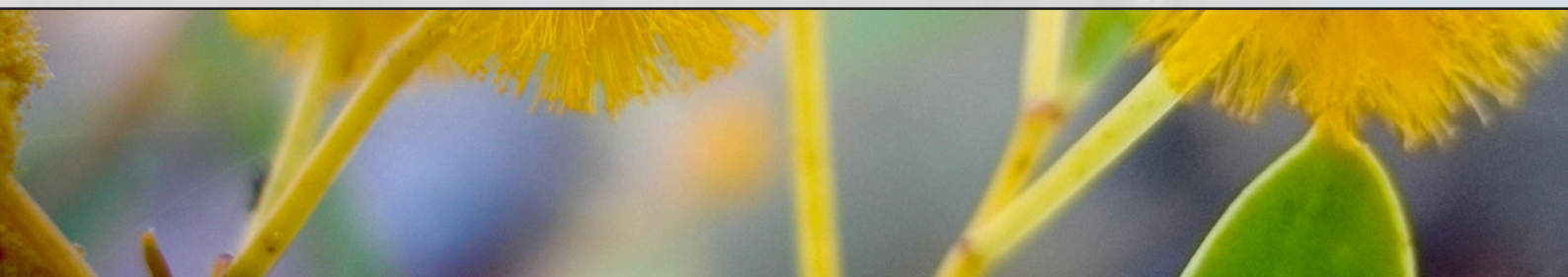
Our Strong Women Retreat will nurture your presence as a healer and leader, at home, at work and in your community.

Leave behind your phone, Facebook and responsibilities as a woman. Feel the demands on your time fall away, replaced with space for you. Sink your toes into red ochre sands, rest in the warm glow of the campfire, immerse yourself in desert calm, rest under the luminosity of the Milky Way. The space is held for you to connect collaboratively with other women, enter the present moment, and let go into the desert world.

This is an opportunity to develop and practice, together with other women, the inseparable arts of healing and leading. We will explore ways of:

- reconnecting with our own power as women
- drawing on our innate, intuitive knowings to support our spirits
- changing the rhythms of our own energy to benefit ourselves and, thereby, the people in our lives
- developing greater sensitivities in the art of listening deeply within
- receiving healing and practicing the art of healing for ourselves and others
- practicing mindfulness in natural surroundings to nourish our souls

This is a time for you to explore your direction as a woman, to clarify, reflect and recharge your energy for the things that really matter in your life.



Spend time alone in quiet contemplation or conversation, take restorative walks, explore more fully in the circle of women what matters to you, or do your own thing. There is no agenda, but everything happens. We will all learn from each other. There are opportunities for individual coaching and healing, and opportunities to play, laugh, dance and cry – whatever we each need to do to rest in our own authenticity.

Many women have shared that their experience has led to:

- life changing insights that have led to new pathways and greater life flow
- strengthening of emotional health
- personal healing practices that have benefited their own spirit and the energetics within their families and teams
- clarity and greater compassion around previously difficult decisions.

Testimonials

The land is truly beautiful and it was great to switch off, slow down. I feel I have been given an awakening, a realisation of the true power within me, as well as the permission to shine. Wow! Mel Jacobsen, Do Lectures

My healing session, under the glorious Milky Way, with fire ablaze in the background felt like the blowing of a steady breath of fresh air all over my body, between my skeleton and skin. This made me feel afterwards like I could run up a mountain a few times; a new lightness had reached through me. Simone Garland, mother

As a CEO searching for work-life balance, the experience has provided me with a deep calm and strength in healing my inner core. Colleen MacDougall, CEO



Retreat leaders

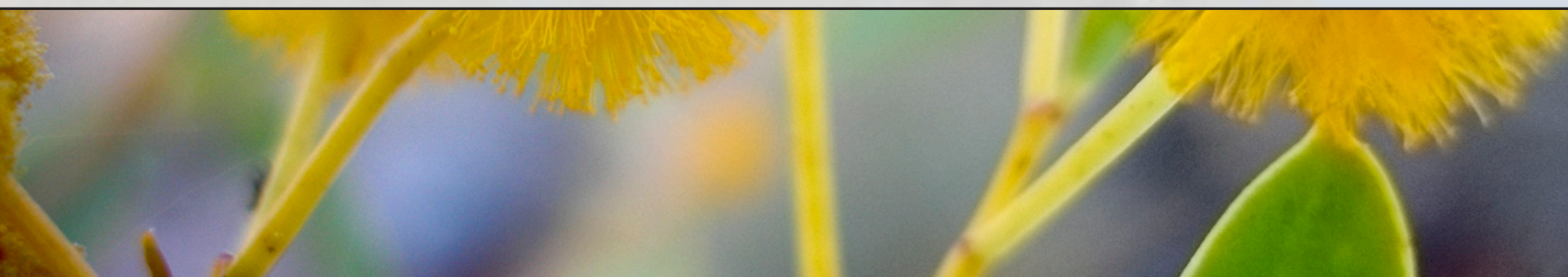


Sue Gregory. Following a calling from the land, Sue Gregory, packed up a busy city executive coaching and holistic health practice to move to Central Australia where she immersed in the desert, working together with traditional indigenous healers. Spending time in solitude, it became clear to her that ancient healing practices and time on country have many gifts for leaders, and women in particular. With the support of elders, the Strong Women's Desert Retreat has emerged from this process. Sue is Director of Healthy Outlook (www.healthyoutlook.com.au) and a Fellow of the Global Leadership Foundation.



Heather-Rose. For Heather-Rose, sitting on, listening to, and being with country brings her home. An experienced medical professional and facilitator, she works towards holistic practice with women, infants, children, young people and families in Darkinjung country on the NSW Central Coast. Sensorimotor Psychotherapy, Dances of Universal Peace, Interplay and yoga are amongst the many skills she enjoys to nourish herself and others.

“Rediscover your spirit, uncover your power.”



DATES AND REGISTRATION DETAILS

Outback Homestead Experience or Camp Under the Stars

With an original outback homestead as our base, we will venture out each day in country, and return to a hearty outback meal.

Ross River Resort was an original settler's cattle station and history abounds in the black and white photos on the thick, mud brick, white washed walls. You will see photos of Frank's family who, only three generations ago, walked the land for over 40,000 years.

Rustic cabins offer air conditioning, fridge, kettle, on suite shower, and swimming pool. Or, you can camp under the stars on the homestead lawn nearby the campfire.

- Date: September 22 – 25, 2017

Homestead Cabin – \$2500 Exc GST, Homestead Camp - \$2200, Exc GST Includes accommodation, meals and transport during the retreat. Air fares excluded.

We will pick you up from the airport (flights up to midday) the day the retreat commences and drop you off for your return flight the day the retreat ends.

Our retreats have small numbers for personalised attention. Bookings are first in, first served. Profits are used to support indigenous endeavours in social enterprise. [MORE](#)

To register

We require a non-refundable deposit of \$650, to secure a place.

1. Complete the [online application form](#)
2. [Pay online](#)
3. Full payment is required no later than 8 weeks prior to trip.
Details for final payment will be sent upon registration.

Special trips can be arranged for private groups.

Travel Insurance – Peace of Mind

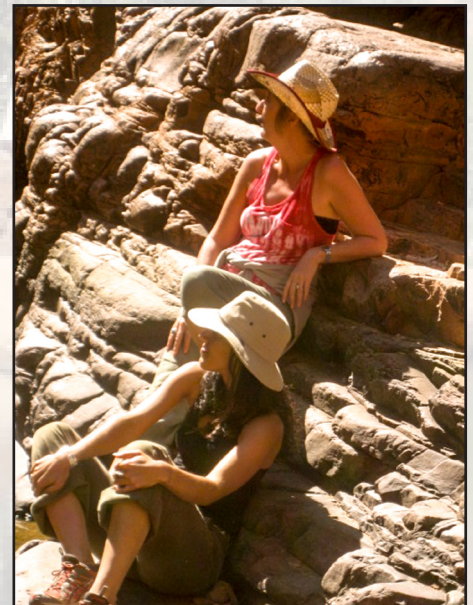
Travel insurance is essential. Please see our [Terms and Conditions](#).

Cancellation policy

Please refer to cancellation policy in [Terms and Conditions](#).

Purchases during the retreat

There will likely be an opportunity to purchase traditional bush medicine (aboriginal healing rubs) and paintings by members of Frank's family at the retreat.



Accommodation and travel in Alice Springs before and after the retreat

A variety of accommodation is available in Alice Springs for those wishing to come early or stay on. We will provide suggested venues to enable easy pick up on the morning the retreat commences.