

A Transformative Personal Development Retreat “La Vendange” Style! What are you harvesting in your life?

September 12th-16th, 2024
Rouge Bordeaux Bed and Breakfast
Auros, France



Join this personal development retreat led by certified executive life coaches **Natasha Matt-Hensrud PCC** and **Hayden Lee MCC** nestled in the picturesque town of Auros, France. Immerse yourself in the tradition of "La vendange" (the grape harvest). Embark on a journey of self-discovery amidst the vineyards of the Bordeaux region, where the grape harvest serves as a metaphor for personal growth and creating the next chapter of your life and/or career.

DISCOVER

VIRTUAL Pre-retreat Connection Zoom Calls: Individual Assessments, Coaching, and Cohort learning.

HARVEST

IN-PERSON Retreat Experience - Auros, France

Our retreat offers a unique blend of mindfulness practices, experiential workshops, and cultural immersion, all curated to inspire and empower you to unleash your full potential. Under the guidance of seasoned coaches, you'll engage in daily practices inspired by the vineyard's natural cycle, from tending to the vines to embracing the spirit of collaboration during the harvest. Whether you're seeking clarity in your career, launching a new business idea, or defining the next chapter of your life, our retreat provides a nurturing space for reflection, experimenting, and personal transformation. The experiential part of the retreat culminates during wine harvest season at the authentic family-owned Rouge Bordeaux B & B set amidst the beautiful French countryside. In this 4-night/5-day experience, Chef Julien of Rouge Bordeaux will delight us in the art and science of cooking. We will have curated excursions in the French countryside all designed to deepen meaning and purpose of your goals, tap into your creativity, and empower you to take action in the coming year.

CREATE

VIRTUAL Post-Retreat Connection Zoom Calls: Accountability, Networking, and Community.



RETREAT DETAILS

DISCOVER – Pre-Retreat

- Leverage the complementary nature of the Enneagram and Emotional Intelligence (EI) Assessments to deepen self-awareness by understanding core motivations, fears, and behavioral patterns and the ability to recognize, understand, and manage emotions in oneself and others. Together, these two assessments offer a holistic view of who you are and provide a roadmap for personal growth.
- With assessments as a backdrop, begin finetuning your goals so that when you arrive at the in-person retreat you are ready to experiment with new ways of thinking and being.
- Participate in two group coaching sessions on Zoom – get to know your fellow retreat participants and explore insights of your assessment results.

HARVEST: In-Person Experience

Curated Learning, Reflection, and Manifesting

- Through coaching conversations, guided meditations, and journaling you will gain insights into your strengths, challenges, and aspirations, cultivating a deeper understanding of yourself and your path forward.
- Explore the synergy of your values, strengths, core identities, and aspirations by tapping into your creativity! Exercises may include storytelling, artistic expression, nature mindfulness, and guided meditations.
- Participate in group coaching sessions led by Natasha and Hayden where you will shape, test, and take action on your retreat goals. This is where you will start reaping what you sow in the harvest season!
- Participate in a cooking class with Chef Julien using the lens of French cuisine as a metaphor to savor or 'savourez' more in your life.
- Indulge in the flavors of local wines and farm-to-table cuisine while you forge meaningful connections with like-minded individuals fostering a supportive community of growth and exploration.



French Immersion Excursions:

(subject to change based on weather and availability)

- Visit to one of France's most impressive natural landforms, Dune du Pilat, the largest sand dune in Europe. The Dune is in La Teste-de-Buch in southwest, France between Arcachon Bay and the Bay of Biscay.
- Meet local oyster farmers to sample fresh raw oysters on the half shell paired with crisp French white wine.
- Join guided mindfulness nature walks.
- Join an exclusive tour of a French vineyard where we will fully experience the grape harvest. (Think grape stomping – I Love Lucy style!)



CREATE: Post-Retreat

- Attend two, 60-minute group coaching sessions on Zoom at 3 and 8-weeks post retreat to share action steps you are taking to achieve your goals.
- Participate in 1:1 accountability conversations with a retreat peer.
- Stay connected through a private WhatsApp group for sharing insights, learnings, & accomplishments with each other.

Retreat Pricing Includes:

- Transportation to and from Bordeaux train station
- 4 nights/5 days lodging in the quintessential French Rouge Bordeaux B & B.
- Private Chef Julien of Rouge Bordeaux will create your meals onsite (dietary accommodations are welcomed).
- All meals, beverages, and snacks included both at the B&B and offsite restaurants.

*Note: Offsite excursions are subject to change based on weather and availability



Natasha
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Megan and Julien Martel
Owners, Rouge Bordeaux

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