

Authenticity, Self-Esteem and Connection: The Journey to Emotional Intimacy

A Weekend Retreat for Women April 1-3, 2011, Hampton, NH

The desire for intimate connection is a universal human experience. We yearn for open, trusting, transparent connection with others, to be seen, known and loved for all that we are. And we want to love in return — joyfully, whole-heartedly, without reservation. So what gets in our way?

This weekend retreat is an exploration of authenticity, self-esteem and vulnerability as a path to emotional connection with others. A passionate group of women healers from many disciplines will guide your reflection, expression and self-discovery. Please join us for this powerful weekend!

What You Will Experience in the Retreat:

- ✚ **Time** *Time to breathe. Time to reflect. A time-out from the pressures and commitments of your day-to-day life.*
- ✚ **Connection** *With companions who share your experience -- a community of support, understanding, and wisdom.*
- ✚ **Self-Nurture** *Ample opportunity to refresh your body and rejuvenate your spirit through exercise, music, and the ocean.*
- ✚ **Learning** *Insights, "aha" moments, and tools and skills to bring back with you to your daily life.*

Logistics, Registration and Price:

- ✚ The retreat will be held **Friday April 1, 7pm, through Sunday April 3, 1pm**, at a beachside cottage in Hampton, NH. Hampton is about a one hour drive from Logan Airport in Boston, MA.
- ✚ Tuition is \$350 if paid in full prior to March 15, \$400 thereafter, includes meals and simple accommodations.
- ✚ Registration deadline is March 28th, 2010. Space is very limited. To reserve a spot, please send a \$150 deposit to One Journey Consulting, at the address above.
- ✚ For more information, email info@OneJourneyConsulting.com or call 508-276-1764.

Facilitators:

- ✚ **Renée Cooper** is a Harvard-educated executive coach and workshop leader. For over 17 years she has been a student and teacher of personal growth, helping clients to create authentic, purposeful, passionate lives. She is the founder of One Journey Consulting.
- ✚ **Laura Hackel** is a shaman, artist, intuitive, business woman and mother. She is gifted at integrating her experience in all of these domains to facilitate the discovery and healing of those around her.

Our Contributing Experts:

- ✚ **Diane Hall** is a successful high tech executive. She is passionate about creating communities where people can connect and discover their true selves, develop their talents and be appreciated for their contributions. Di is a partner at One Journey Consulting.
- ✚ **Mary Hott** is an energy healer. Through her work as a musician, hypnotherapist, reiki master, and intuitive, she is committed to helping others heal themselves by connecting with their own gifts and passions.