



- Drawing from scientific evidence and professional experience, we will help you identify the emotional and psychological barriers to living your best life. Recent neuroscience discoveries and contemporary evidence from psychology and human behaviour research, sheds light on why we protect ourselves from truly knowing who we are.



*CAN I ALLOW MYSELF TO KNOW
WHO I AM?*

*WHAT PREVENTS ME FROM
KNOWING AND TRUSTING MY GUT
INSTINCTS?*

*AM I REPEATING CHOICES AND
BEHAVIOURS THAT PREVENT ME
FROM LIVING MY BEST LIFE?*

*HOW CAN I CHANGE INGRAINED
BEHAVIOURS THAT PREVENT ME
FROM LIVING MY BEST LIFE?*



THE KNOWING

a weekend retreat
for women

WHO AM I NOW?

WHO DO I WANT
TO BE?

AM I LIVING MY
BEST LIFE?

**This weekend
WILL
change your Life**

THE KNOWING

Starts Now

When we come to KNOW ourselves, we can alter our mindset and behaviours in ways that can dramatically transform our lives for the better.

This retreat is an opportunity to take time to reflect on these questions and to learn ways of making small changes that can cause significant shifts in our quality life and help us to KNOW WHO WE ARE AND WHAT WE WANT.

We will explore the ways that feelings such as; fear, jealousy, play, panic, despair, caring, searching, lust and rage, prevent us from being at our best and from taking strides in our lives and our relationships. We will learn how living in the past and fear of the future prevents growth.



“This women’s’ weekend retreat has been inspired by my own life journey and my 30 years professional learning and clinical experience working with thousands of people. My clients have most often been successful women who have achieved so much in their lives and relationships yet who recognise that things in their lives are not right. It may be that despite their success, they suffer with anxiety or depression, or they have repeated difficulties in either family or personal relationships. They often have a sense that time moves on- whilst they remain stuck in unhelpful patterns. Others have felt derailed by significant stressful or traumatic life events. I have brought together a team of highly qualified and experienced therapists and life coaches who will work with me over the weekend to provide you with an experience that will transform and inspire how you think and feel about your life- how to begin to KNOW who you are.”

CAROLINE OWENS- Director
Orchard Therapies.

This transformational weekend will help you identify unwanted patterns and set achievable life goals enabling you to live your best life...



Book Now
for
17TH + 18TH
FEBRUARY
2023

VENUE:

TROY HALL
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