

# Ultimate Girls Week Away Retreats



Retreats at Resorts

15-22 FEBRUARY 2020  
FIJI, PLANTATION ISLAND RESORT  
RETREAT PROGRAM



# BULA!

Welcome, from the team at Ultimate Girls Week Away Retreats.

It is our vision to create extraordinary experiences that give women from around the globe, permission to be themselves while learning about different cultures, connecting with inspiring female leaders, & providing a supportive community that celebrates everything that it means to be woman.

In this program you will be introduced to how the schedule of events will run during your stay with us in Fiji, and you'll begin to get to know our outstanding Workshop Facilitators.

Should you have any questions, or wish to book your place at our Ultimate Girls Week Away Retreat experience, please visit our website at [www.ultimategirlsweekaway.com](http://www.ultimategirlsweekaway.com).

I look forward to meeting you in Fiji!

Liesel Albrecht  
CEO & Director  
Retreats for Resorts

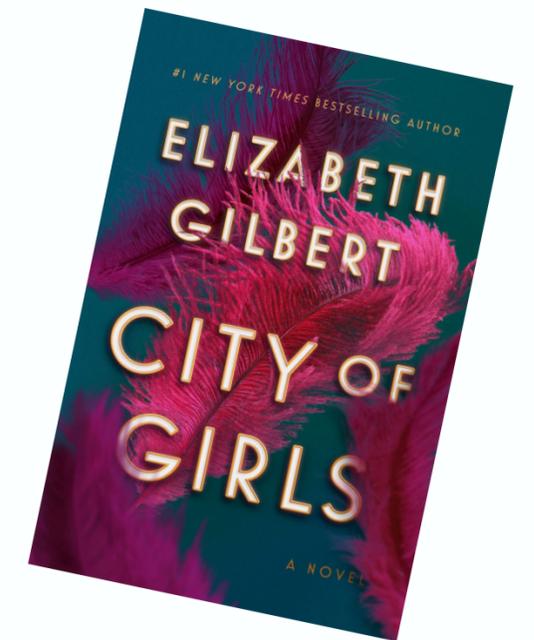


## THE MANTRA FOR OUR FEBRUARY 2020 FIJI RETREAT

At every Ultimate Girls Week Away Retreat that we host around the world, we decide on a mantra to focus on for the week.

As we are honoured and excited to have the inspiring and international best selling author, Elizabeth Gilbert joining us in Fiji - this retreat mantra relates to her latest novel 'City of Girls'. In fact, we'd love all of you to read her book before you arrive. It will tickle your socks off, and give us plenty to talk about in Fiji!

"CELEBRATING THAT  
WE DON'T HAVE TO BE  
GOOD GIRLS TO BE  
GOOD PEOPLE."





## DAILY SCHEDULE

You will receive a detailed itinerary of options and sessions closer to the time of our retreat, & the below outline is subject to change.

- 6:30 -8:30AM Pre breakfast activities eg. yoga, dance, meditation
- 7:00 -9:30AM Breakfast & free time
- 9:30 -11:45AM Morning workshops, panel interviews & talks
- 12:00 -1:30 PM Lunch & free time
- 1:30 -3:00 PM Afternoon workshops
- 3:00 -6:30 PM Free time, resort activities, treatments & private sessions
- 6:30 -9:00 PM Dinner, free time & evening events

\* Please note it's up to you how many workshops & sessions you attend  
This is all about YOU and creating your Ultimate Girls Week Away!

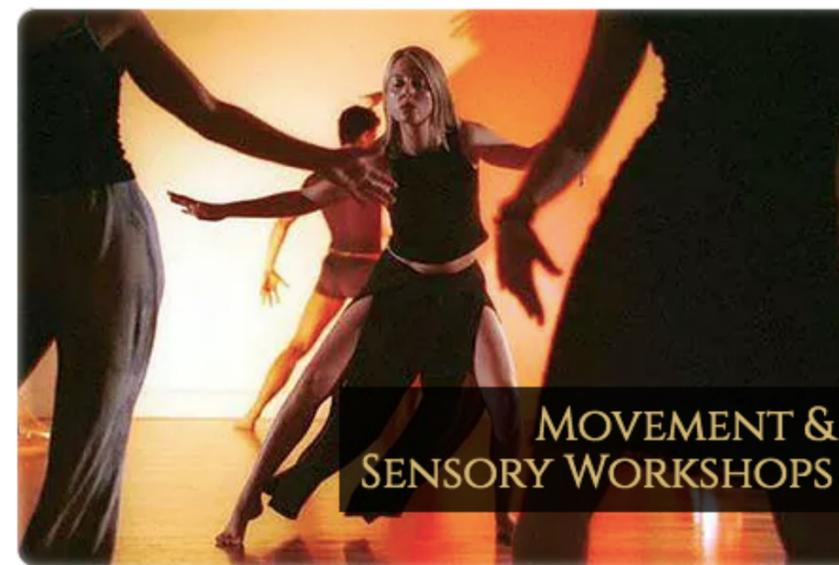
## YOUR WEEK AT A GLANCE

- SAT 15 FEB: **ARRIVAL DAY:** You you will be greeted by our team who will make sure check-in is seamless and everything is taken care off. The rest of the day is yours to settle in relax.
- SUN 16 FEB: **CONNECTION:** Today is about getting to know one another, enjoying free time to explore & welcome ceremony in the evening.
- MON 17 FEB: **INSIGHT:** Our workshops and daily sessions truly begin! Be delighted and inspired by our facilitators.
- TUE 18 FEB: **BEING BRAVE:** Join us for the much-anticipated key note presentation with Elizabeth Gilbert. She will take us through a journey by using stories from her own life.
- WED 19 FEB: **CREATIVITY:** 4hr Creativity Workshop with Elizabeth Gilbert. This will be broken up in to 2 x 2hr sessions with lunch in between.
- THU 20 FEB: **EXPLORATION:** Free day to explore the island, enjoy resort activities, or simply lay back by the pool or beach and enjoy island life.
- FRI 21 FEB: **CELEBRATE:** Our last day of workshops, & celebrating who we are with closing party and ceremony.
- SAT 22 FEB: **HOMEWARD BOUND:** Saying goodbye is never easy, but we can assure you you'll have made new friends for life... and we'll see you at our next retreat!



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# MEET YOUR WORKSHOP FACILITATORS



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# INSPIRATIONAL SPEAKERS & WORKSHOPS

Ultimate Girl Week Away Retreat Core Values  
CULTURE | INSPIRATION | AWAKENINGS

## ELIZABETH GILBERT

Writer & Best Selling Author, USA  
[www.elizabethgilbert.com](http://www.elizabethgilbert.com)

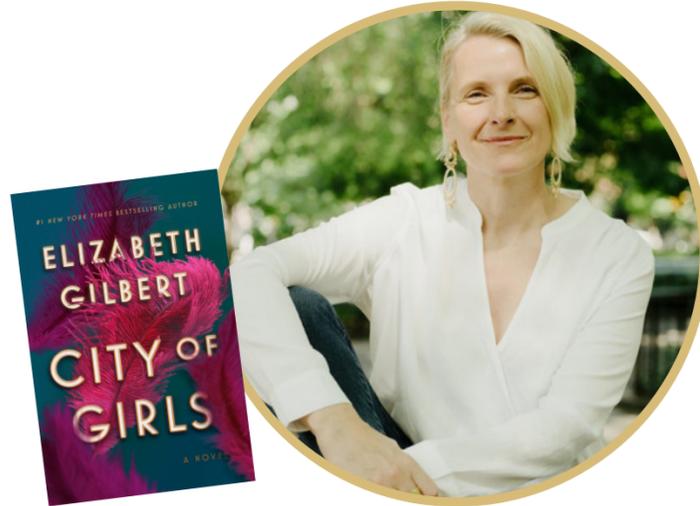
### KEY NOTE PRESENTATION

Liz will share about how, for years, she has been meeting people who tell her that they long to live more creative lives, but are somehow blocked by fear — fear of criticism, fear of failure, fear of stepping out of the box, fear of unworthiness, or fear that they don't even have a creative bone in their body.

### CREATIVITY WORKSHOP

Using stories from her own life of creative exploration, as well as experiences from her world travels, she will show how "everyone is invited", and will explain how absolutely everybody — no matter what their background or position in life — can benefit from exploring and expressing their own inherent creativity. She will explain how every human life is a creative endeavor, and that creativity is not just a privilege of artists.

Defining a creative life as "any life where your decisions are guided by curiosity instead of fear," she will open you up to your imagination and what are the possibilities when seeing creativity, and your own journeys, in a lighter, more easeful manner.



## SHANNON BUSH

Chief Liberator & Thrive Activator, Australia  
[www.creativepossibility.com.au](http://www.creativepossibility.com.au)

THRIVE FACTOR KEY NOTE PRESENTATION & WORKSHOP  
Journey to meet the 12 inspiring archetypes; the foundation of The Thrive Factor, an archetypal psychology framework giving women all over the world permission to totally thrive.



## STASHA WASHBURN

The Period Coach, USA  
[www.theperiodcoach.com.au](http://www.theperiodcoach.com.au)

PERIOD & MENOPAUSE CYCLE WORKSHOP  
Learn how your cycles works, thru perimenopause (that's your late 30s and 40s) and even in menopause. She will share her secret theory on periods being the training wheels for Wise Women.



## LISA ENTWISLE

Life Clarity & Wellbeing Coach, Australia  
[www.wellthyliving.com.au](http://www.wellthyliving.com.au)

FACILITATOR OF PANEL DISCUSSIONS & INTERVIEWS  
As a professional podcaster & lover of asking great questions, Lisa will be facilitating conversations during panel discussions & interviews on our centre stage.



# CULTURAL WORKSHOPS

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## GINSELA PINEIRO

Artist & Creativity Guide, Australia  
[www.artuitionwithgisela.com](http://www.artuitionwithgisela.com)

### DREAMCATCHER PAINTING WORKSHOP

Be guided through a creative process connecting you to your intuition & your dreams via painting. Excellent for those who haven't picked up a paintbrush for years.



## JO JOHNSON

Story Teller & Content Coach, Australia  
[www.thecontentcoach.com.au](http://www.thecontentcoach.com.au)

### EXPERT TO LEADER - ONE STORY AT A TIME

The ancient art of story telling has been around since the dawn of time. Learn how storytelling is a tool to elevate yourself beyond where you are, and become a truly transformational leader in your space .



## KERRYIN SLATER

Intuitive Healer, Australia  
[www.holisticessentialtherapyandconsulting.com.au](http://www.holisticessentialtherapyandconsulting.com.au)

### CHAKRA CLEANSE WORKSHOP

Tune in and intuitively connect to each of your chakras. You will be asked a series of questions to identify areas of your life that require your attention, and what changes if any that you can implement.



## MELANIE MIDEGS

Psychosomatic Therapist & Chakra Philosophy, Bali  
[www.seedtosoul.com.au](http://www.seedtosoul.com.au)

### FACE READING WORKSHOP

Learn how your Chakra System can be seen in your face and body to help you to realise your brilliance. Your body and your face are a direct reflection of your inner emotional well being & personality traits.



## TAMMY IRVINE

Energy Intuitive, Australia  
[www.tammieirvine.com](http://www.tammieirvine.com)

### DEVELOP YOUR INTUITION WORKSHOP

Be guided to connect to your Intuition to instil self-appreciation and to make confident decisions in all areas of life. You will gain a deep connection with yourself, confidence and self-belief to trust your own intuition as a source of guidance



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# TRANSFORMATIONAL WORKSHOPS

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## CHRISTINE FARNHAM

Intuitive Energetic Healer, Australia  
[www.eternallotus.com.au](http://www.eternallotus.com.au)

### RECLAIM YOUR LIGHT WORKSHOP

This workshop is designed to help you clear the blocks that may be holding you back from the life your Soul desires. You will leave feeling lighter, empowered & filled with excitement for the future.



## DOMINIQUE OYSTON

Song Healer, Voice & Transformational Coach, Australia  
[www.goddessvoiceacademy.com](http://www.goddessvoiceacademy.com)

### SPEAK WITH POWER WORKSHOP

Learn from the best, as a professionally trained opera singer & performer shares how your voice is a mirror for reality. Learn how to change your voice, speaking with power and presence to increase your confidence.



## JESSICA MAN

Transformational Relationship Coach, USA  
[www.lifemasteryinstitute.com](http://www.lifemasteryinstitute.com)

### RELATIONSHIP IMPROVEMENT WORKSHOP

Be empowered to release negative emotions, such as shame and guilt. Say goodbye to the life stories that are no longer serving you, and create space for a new relationship experiences.



## JOY FAIRHALL

Positive Psychology & Wellbeing, Australia  
[www.mindbodyjoy.com.au](http://www.mindbodyjoy.com.au)

### MAKE HAPPINESS & JOY A HABIT WORKSHOP

Discover the secret to why tapping into Happiness and Joy each and every day will bring more balance into your life no matter what challenge you are faced with.



## JUDY HINWOOD

Stress To Strength Expert, Australia  
[www.stresstostrength.com](http://www.stresstostrength.com)

### UNDRESS STRESS WORKSHOP

We know that too much stress from worrying or procrastination disrupts brain activity. Learn how to reset your brain in as little as 60 seconds using unique evidence-based neuroscience tools and techniques.





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## KIMBERLEY DASHIELL

Yoga & Wellbeing Practitioner, USA  
[www.kimberleydashiell.com](http://www.kimberleydashiell.com)

### EMBRACE YOUR 50'S WORKSHOP

Be guided on a journey about being 50ish, with love and lots of laughter. Join together as a group to explore all aspects of being strong and healthy during this important time in the middle of our lives.



## LEANNE BLANEY

Balance & Adventure Coach, Australia  
[www.leanneblaney.com](http://www.leanneblaney.com)

### KNOW YOURSELF WORKSHOP

Embark on a process of self awareness and knowing your true self. This workshop touch on Emotional Intelligence techniques to bring into your every day life, and participants will have a practical quiz to take.



## LISA HARTWELL

Clinical Psychologist USA  
[www.drlisahartwell.com](http://www.drlisahartwell.com)

### THRIVING RELATIONSHIPS WORKSHOP

Learn the 3-step 'orchard' framework, where you will experience a gentle discovery of your core reasons for relationship patterns and behaviours that seem to repeat at home and in the workplace.



## MARILOU COOMBE

Mama Mentor, Australia  
[www.mariloucoombe.com.au](http://www.mariloucoombe.com.au)

### VISION BOARD WORKSHOP

Be guided through a 7 Step process to create a Vision Board that will actually work! Deep dive into visualisation exercises, meditation, creative thinking, all whilst having fun.



## TAMMY PIKE

Wellness Coach, Australia  
[www.earthradiance.com](http://www.earthradiance.com)

### ORGANIC SKINCARE WORKSHOP

Delve into the importance of self-love whilst nurturing yourself with beautiful organic affirmation skincare products. You'll also be guided using visualisation tools and meditation, leaving you feeling nourished.



# MOVEMENT & SENSORY WORKSHOPS

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## ALISON MARLOW

House of Colour Consultant, England  
[www.shinebrightyourlight.com](http://www.shinebrightyourlight.com)

### SHINE BRIGHT YOUR LIGHT WITH COLOUR WORKSHOP

Discover the transformational power of colour. Learn its practical applications to bring visual harmony to your look, lighting you up from the inside out and radiating a natural confidence that's visibly magnetic.



## JEANNE RUSSELL

Consciousness Coach, USA  
[www.dolphintouch.org](http://www.dolphintouch.org)

### INTUITION & THE OCEAN WORKSHOP

All the knowledge of the universe is available for you to access at any time, all that's required is knowing how. Learn how to use and access the wisdom held within the ancient ones of the ocean.



## KATE KAZONY

Soul Mentor, Australia  
[www.familyfestival.com](http://www.familyfestival.com)

### PERMACULTRE & ENVIRONMENTAL ART WORKSHOP

This is a magical experience that begins with meditation and then takes you on a 'finding' walk, where in silence you'll collect natural objects and bring them back into the sharing space



## MICHELLE PREMURA

Botanical & Natural Lifestyle Specialist, USA  
[www.turquoisebarn.com](http://www.turquoisebarn.com)

### BOTANICAL SENSORY WORKSHOP

Experience Yoga Nidra meditation, plant music, aromatherapy, art, and nature connection. You'll also enjoy botanical cuisine, wild foods and herbs that your taste buds won't want to miss!



## MIGNON LEE-WARDEN

Sound Healer, Australia  
[www.lotuswellbeing.com.au](http://www.lotuswellbeing.com.au)

### SACRED SOUNDS WORKSHOP

Come on a divine journey of song, sound and vibration using empowering mantras and chants from the Goddess, Yogic, Kabala, African and Ancient Women's traditions.



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# MOVEMENT & SENSORY WORKSHOPS

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## NATALIE SOUTHGATE

Creator of ChakraDance, Australia  
[www.chakradance.com](http://www.chakradance.com)

### CHAKRADANCE WORKSHOP

Chakradance™ is a deep healing practice, using dynamic moving meditations, set to music especially created to resonate vibrationally with each of your 7 main chakras.



## RADZY CASSIDY

Qoya Teacher & Intuitive Healer, India  
[www.qoyawithradzy.com](http://www.qoyawithradzy.com)

### QOYA MOVEMENT WORKSHOP

Movement allows you to create a profound connection with your own Spirit and unique essence. Explore themes of self love, connection to your radiance and brilliance through yoga and dance.



## SARAH RICHARDSON

Running Coach, USA  
[www.riseandshine.run](http://www.riseandshine.run)

### MORNING BEACH RUNS

During your runs learn the 4 Pillars of a sustainable running practice that will keep you motivated, and uncover a running technique to get you in touch with your body to avoid running injuries.



## SILFATH PINTO

Dancer, Healer & Change Catalyst, Benin  
[www.silfathpinto.com](http://www.silfathpinto.com)

### FEMININE MOVEMENT WORKSHOP

Learn how to use breathing techniques to become in tune with your body. Be guided through a process of breathwork, movement and dance to celebrate the essence of being woman.



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# OPENING CEREMONY

On our first night as we come together on our private island, to pay respect to the ancestors of the land, we will have a Traditional Fijian Elders Blessing followed by a Fire Dance.

Enjoy a beautiful meal as the sun goes down and we prepare ourselves for a week of a lifetime... memories you'll speak of forever all start here.

The Ultimate Girls Week Away Retreat Fiji 2020 officially has begun!



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# ULTIMATE HEALING HUB

Throughout your stay with us at Plantation Island Resort, a number of our fabulous Workshop Facilitators will also be offering meditations, private sessions, treatments, healings & readings for you to enjoy.

Any offerings within the Ultimate Healing Hub are included within your retreat package & will be shared with you closer to your arrival date.



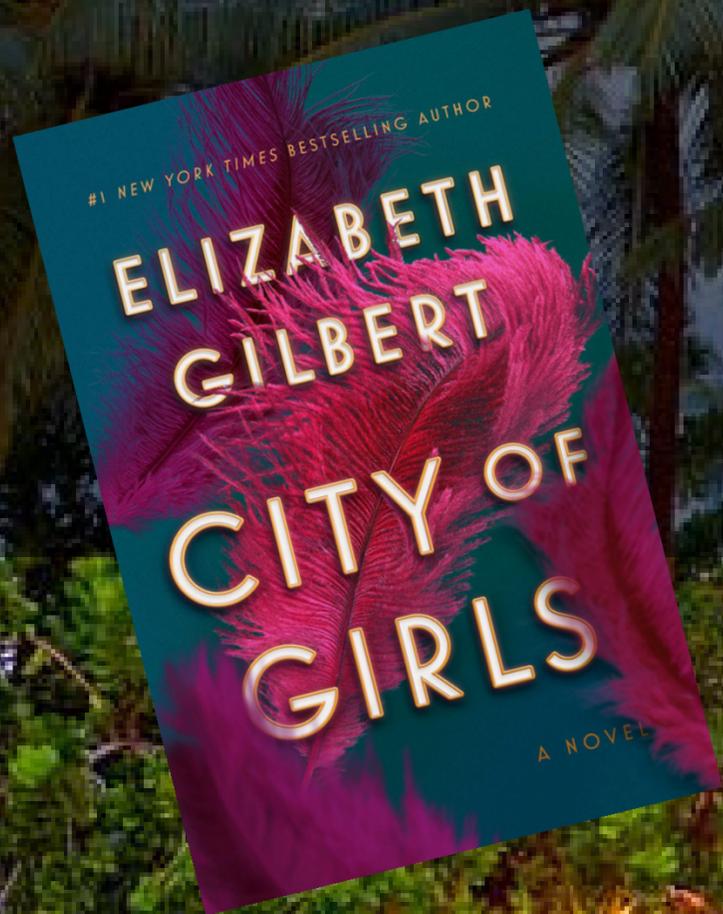
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# TROPICAL ISLAND ACTIVITIES

If you are feeling adventurous, there is opportunity to book yourself any of the Plantation Island Resort activities. From Heli Tours, Sky Diving, Outer Reef Experiences, Bike Riding, Diving, Jet Ski Island Adventures, Diving, Surfing or Golf.

These activities are at an additional cost to your Retreat Package, and we will be in contact with you prior to arrival to organise bookings.





# CLOSING CELEBRATION

Pack your pearls, sequin & feather bowers as we get ready to dance & celebrate what it is to be woman! Once you book your retreat package you will be sent more information about this spectacular finale event!

Our closing party is a fancy dress affair to end our week together on a playful note. And like any good party, what you put in you get out... there will be plenty of prizes to be won for best costume.



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From all the Team & Workshop Facilitators at  
**THE ULTIMATE GIRLS WEEK AWAY RETREAT**

*We look forward to seeing you in Fiji!*

15-22 FEBRUARY 2020  
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