

HEART LINK

Retreat



22-23 MARCH 2014

NOURISHING PURPOSE: FROM DREAM TO ACTION

This weekend offers a brilliant opportunity to dive into the heart's great wisdom, and discover how to make goals/business/purpose come alive in concrete, tangible ways.

This is precious time to focus, gain clarity and commitment to step forward and enable dreams and visions to gain traction. Discover how self-nourishment as a daily practice is the frequently missing link for generating success in a world of multiple commitments and pressure.

Our two days together are in a supportive environment, under the guidance of Penny Fenner, who has been designing and delivering retreats like this for more than 25 years. It will be an intimate group enabling direct coaching and feedback with time for sharing, uncovering issues and flowing with the groups' needs.

You will leave understanding more powerfully how to:

- Express your purpose clearly, courageously, with conviction.
- Develop a successful plan of action.
- Understand the power of personality, and how to leverage our strengths and work with our challenges, self and others.
- Learn to skilfully prioritise multiple commitments.
- Enrol others to support you.
- Slow down regularly to listen to your heart's wisdom.
- Nourish yourself deeply.
- Be continually refreshed, reenergised and focussed.

Venue: Geelong Conference Centre

Cost: \$497 Heartlink Members

\$547 Non Heartlink Members

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