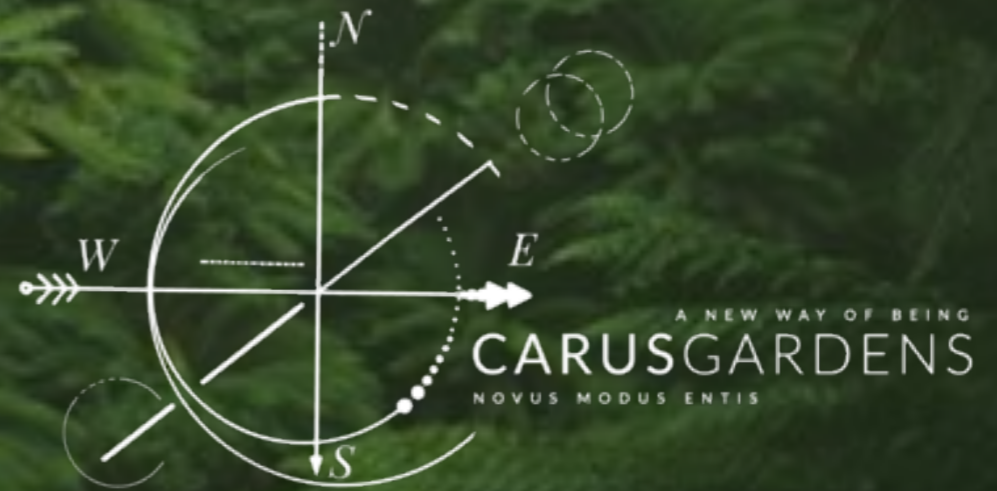


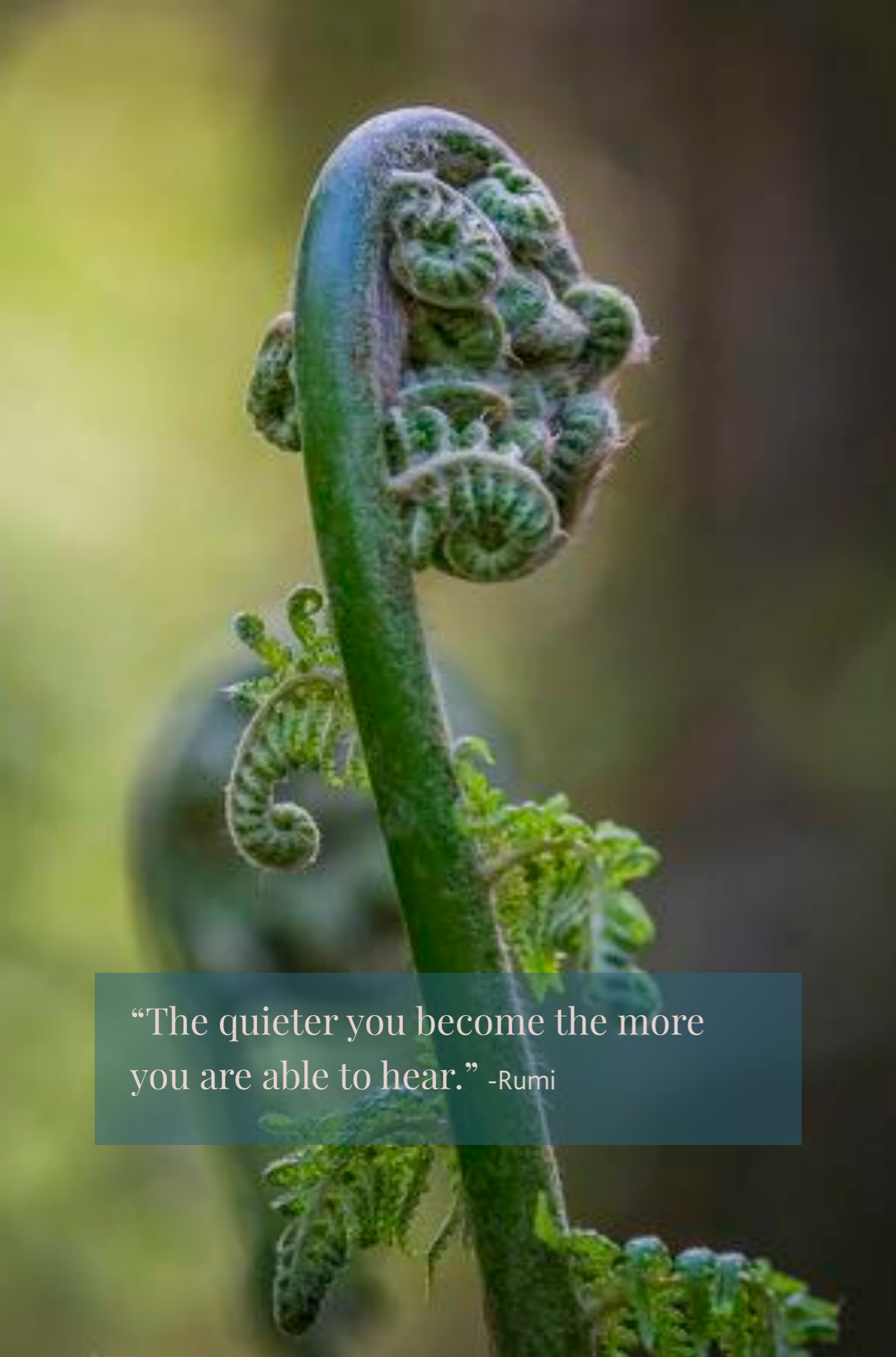
# THE PATH TO THE NEXT NORMAL

Creating a plan with, through  
and beyond COVID

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## Retreat Brochure



“The quieter you become the more  
you are able to hear.” -Rumi

# Capitalise on COVID

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Welcome the pandemic's  
possibilities through your  
potential.

By embracing the COVID journey, resolving its real, building additional dynamic resilience, returning to the next normal with relevant expectations, you can reimagine and refine your value and impact.

The COVID Calm Retreat can set off an increase of your effectiveness by 88%, assist you to achieve an average monetary return on investments over six times. In addition, you can transform your business and life with the significant intangible benefits retreat-coaching brings, boosting your overall impact by 788%.

# Revive your Soul

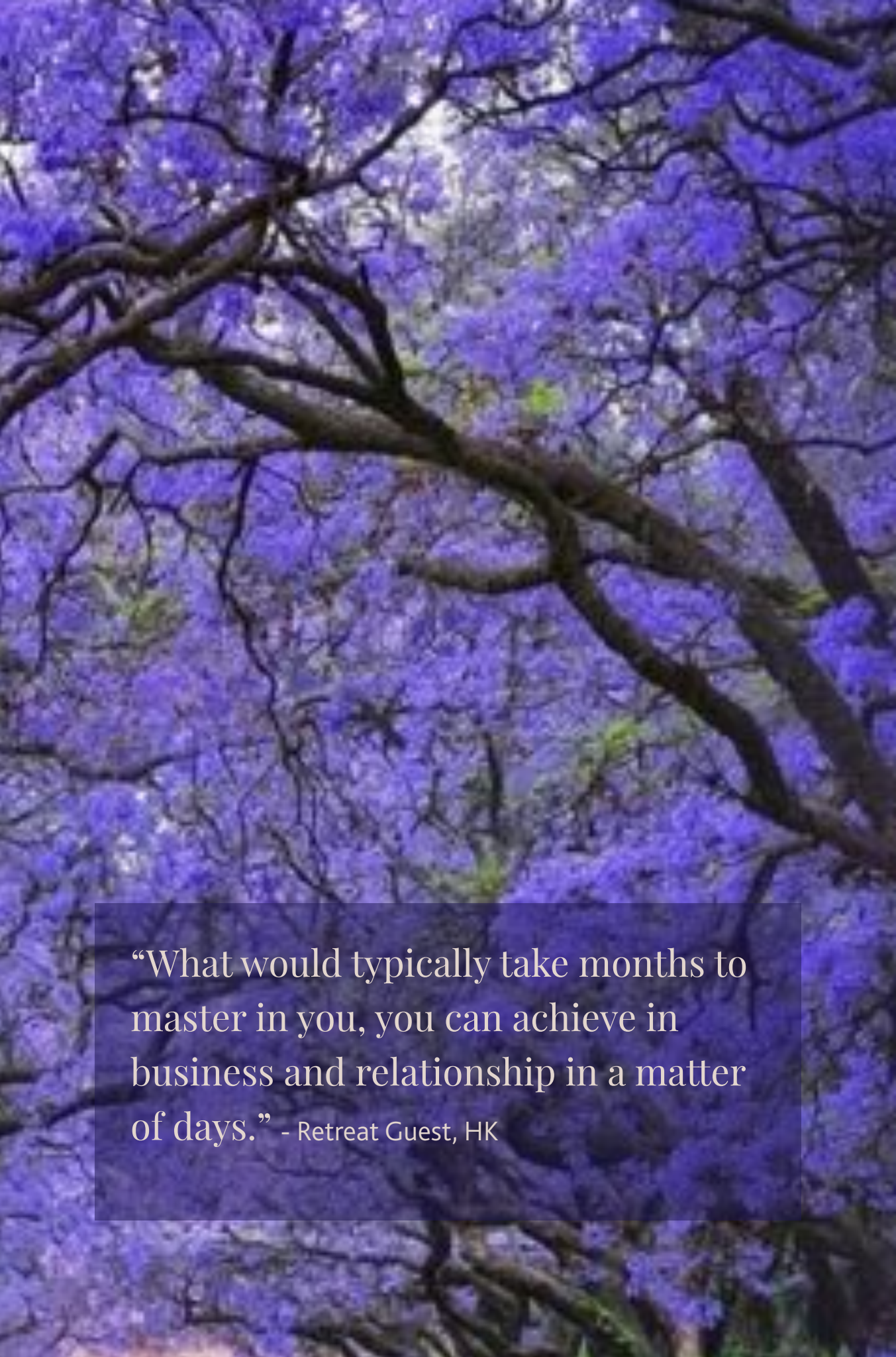
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## We face a global crisis

**T**he crisis is killing people, spreading human suffering, and upending people's lives. It is a health, human, economic and social crisis. The coronavirus disease (COVID-19) is attacking societies and people at their core.

The COVID Calm Retreat acts as a defibrillator. Through the focused intervention in the Carus Gardens tranquil environment, you receive a high energy exhilarating challenge. This essential lifesaving shock to your ecosystem sets you up for surviving the economic and social impact of the COVID pandemic.

As you develop new skills, habits and thinking patterns about the issues and goals, you prioritise the defibrillation of realisation, decision making, and release accelerates you.



“What would typically take months to master in you, you can achieve in business and relationship in a matter of days.” - Retreat Guest, HK

A photograph of three koi fish swimming in dark water. One fish is white with pink markings, another is red and orange, and the third is yellow and orange. They are swimming in a circular pattern, creating ripples in the water.

# Change can be scary

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The COVID Calm retreat offers a perfect transformation opportunity as you are doing it with others with a similar mindset for win-win-win goals

The COVID Calm Retreat is ideal for;

1. High-Performing Individuals
2. Professionals (Engineers, Lawyers, Actuaries, Accountants, Architects)
3. Human Capital practitioners
4. Business Leaders
5. Small Business
6. Entrepreneurs
7. Individuals caring for others (Teachers, single parents, medical personnel)

“In order to understand the world, one has to turn away from it on occasion.” - Albert Camus

# Escape your tiresome routine

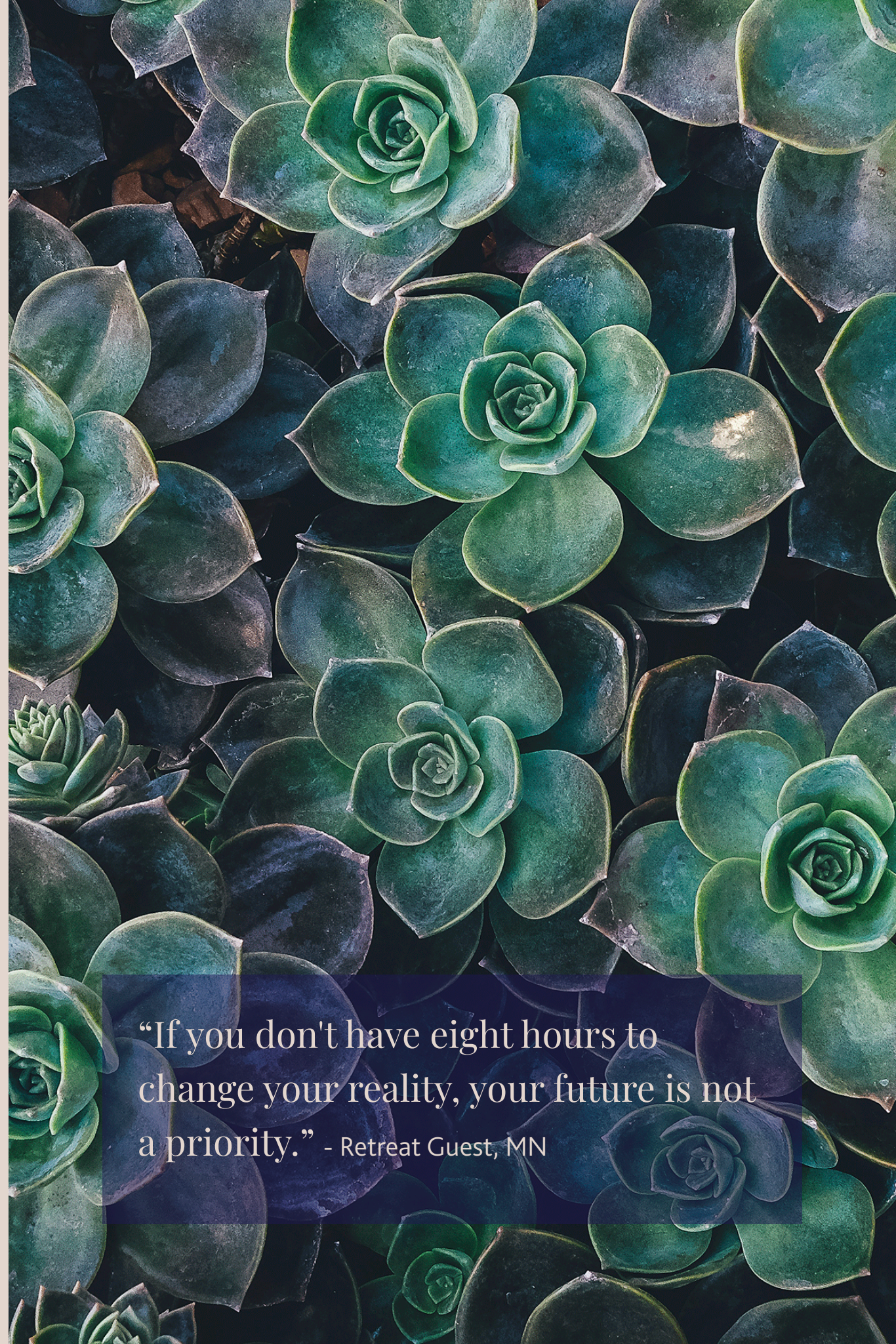
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The COVID Calm Retreat sets itself apart in its specific intent.

This intent is the focus you choose but do not allocate time to address.

Focus areas could include;

1. Creating financial stability
2. Getting unstuck
3. Recovering from burn-out
4. Navigating change and uncertainty
5. Healing strained relationships
6. Self-development
7. Set, review and develop a career and business goal action plans
8. Dealing with depression, anxiety and thoughts of suicide
9. Distance from your current situation to think clearly and bring things into perspective
10. Quality time with yourself and nature so you can rejuvenate.
11. Time to reflect on a recent experience you want to talk about without judgement.



“If you don't have eight hours to change your reality, your future is not a priority.” - Retreat Guest, MN



# The COVID Calm Secret

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The COVID Calm Retreat include pieces of training, exercises, and coaching sessions by experts.

The experts invite you to see your blind spots and help you improve your business, spiritual, mental, and physical well-being.

Sessions are per your needs and enable you to improve your well-being while at the retreat, also equipping you with information and techniques that you can use to remain in wellness after the retreat is over.

“The choice to avoid risk is the choice to avoid living, and to avoid living is one of the greatest risk of all.”

-Craig D. Lounsborough

# About your retreat host

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As an Executive META and Systemic, Individual and Team Coach, Matt's success focuses on bringing increased collaboration, diminishing complexity, enhancing people networks, influencing stakeholder engagement, and impacting business results.

The systemic model he uses for sustainable results comprises the integration of Business, Brand, and People synthesis through Change, Culture, Science, Technology, and Biology. The tools of this model include neuroscience, physiology (mind-muscle-wellbeing integration), positive psychology (cognitive-behavioural science), organisational and people systems, business and brand practices ensuring change is current and congruent.

The immersion of more than 4,000 hours of coaching experience, academic study, and extensive training solidify his coaching, consultation, and facilitation skills and abilities.

What you can expect at the retreat is to

1. find a renewed passion for personal mastery
2. extend your flexibility to deal with ambiguity and disruptive change
3. experience creative thinking



“I create the bridge between logic and wonder; strategy and design with scientific and human behavioural insights.” - Matt White

4. access the ability to operationalise innovation
5. challenge your analytical, problem solving and inquiry skills
6. increase your ability to deal with complex issues
7. manoeuvre and migrate between detail and high-level requirements
8. develop the faculty to influence and negotiate with impact
9. build the proficiency in optimising business performance



# The pains of COVID

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The impact of COVID somehow stripped our accountability.

Meaning, when you are authentically vulnerable regarding accountability, you will learn to eliminate the time and effort you spend on distracting activities and other unproductive behaviour.

The COVID Calm Retreats enables you to become accountable for your actions, effectively teaching you to value your work and as such, increase your skills and confidence. At the COVID Calm Retreat you will also learn to:

1. Address the feeling, and the reality of being stuck
2. Learn to deconstruct overwhelm
3. Face the loss and grief you suffered during the pandemic emotionally, relationally and financially.
4. Free yourself from feeling trapped and out of options

“I have been driven many times upon my knees by the overwhelming conviction that I had no where else to go. My own wisdom and that of all about me seemed insufficient for that day.” - Abraham Lincoln

# We are in this together

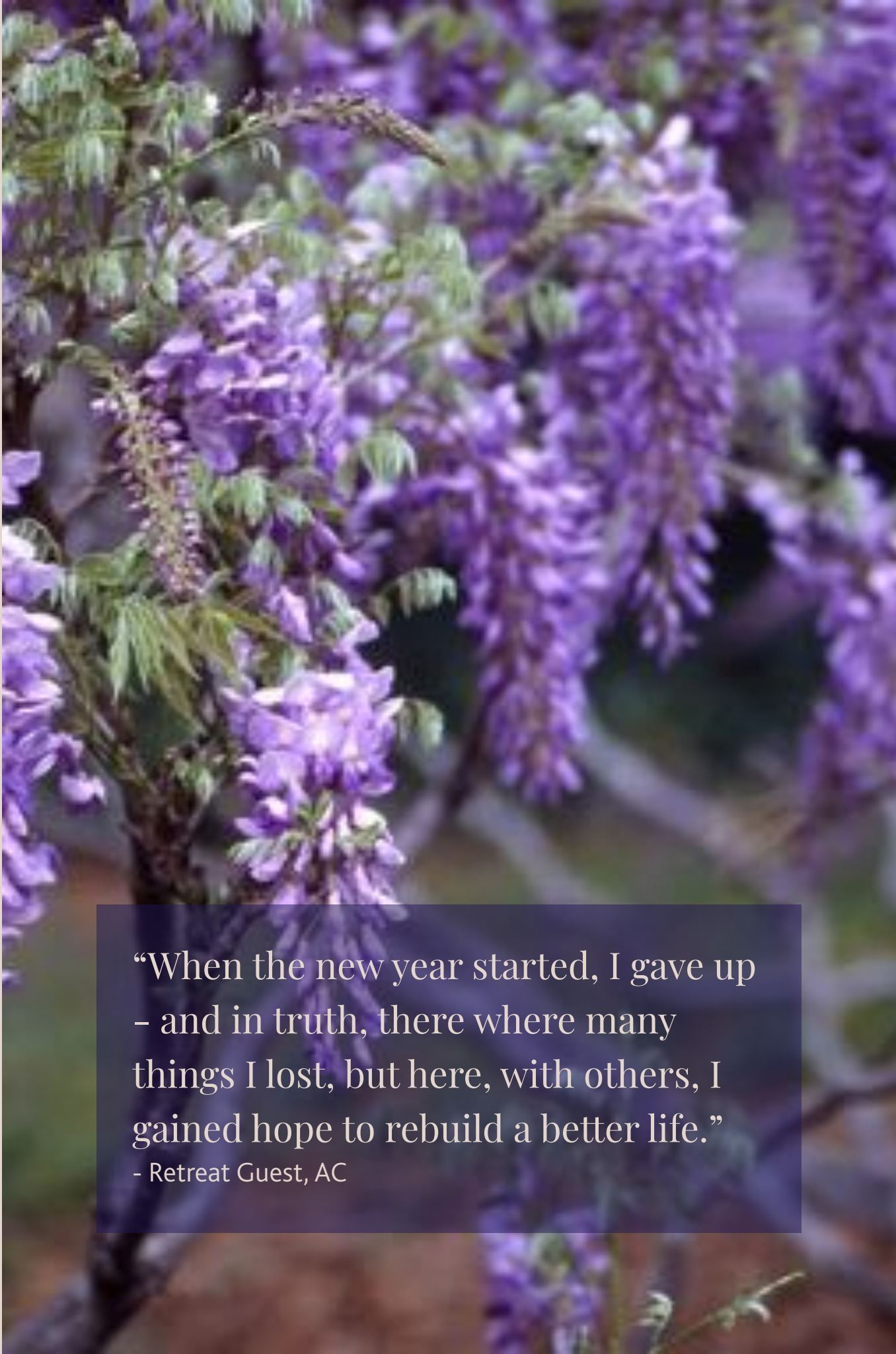
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The COVID Calm Retreat attract people with similar concerns or interests.

This offers you the opportunity to spend memorable moments with like-minded people who are looking to achieve the same goals as you.

These people act as your support system as you work toward your goal and also act as a mirror to help you identify issues that you couldn't have on your own. Most importantly, they let you realise that you are not alone.

The COVID Calm Retreat also provide you the opportunity to make friends that you can remain in touch with even after you return home. This gathering of similar people is not characteristic to regular vacations.



“When the new year started, I gave up  
– and in truth, there where many  
things I lost, but here, with others, I  
gained hope to rebuild a better life.”

- Retreat Guest, AC

A bronze statue of a woman in a garden, surrounded by pink and white flowers. The statue is standing on a stone base, and the background is a dense wall of flowering plants.

# About the retreat

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The aspects of the COVID Calm Retreat at Carus Gardens are all in line with what you are seeking to achieve.

From the location, accommodation, food, facilities, professional consultation, activities and exercises ensure that it is much more impactful and long-lasting than break-aways, where you are more apt to binge, gossip, and probably still spend time finishing work.

One of the most significant advantages of the COVID Calm Retreat is that it offers you proximity to nature and its healing touch. Being close to nature reduces the production of cortisol—our primary stress hormone. Moreover, clean air, calm surroundings, and plants allow you to unwind and thoroughly rejuvenate so that you can have a fresh start to your life upon return.

“Just like there's always time for pain,  
there's always time for healing.”

- Jennifer Brown

# To be – or not to be...

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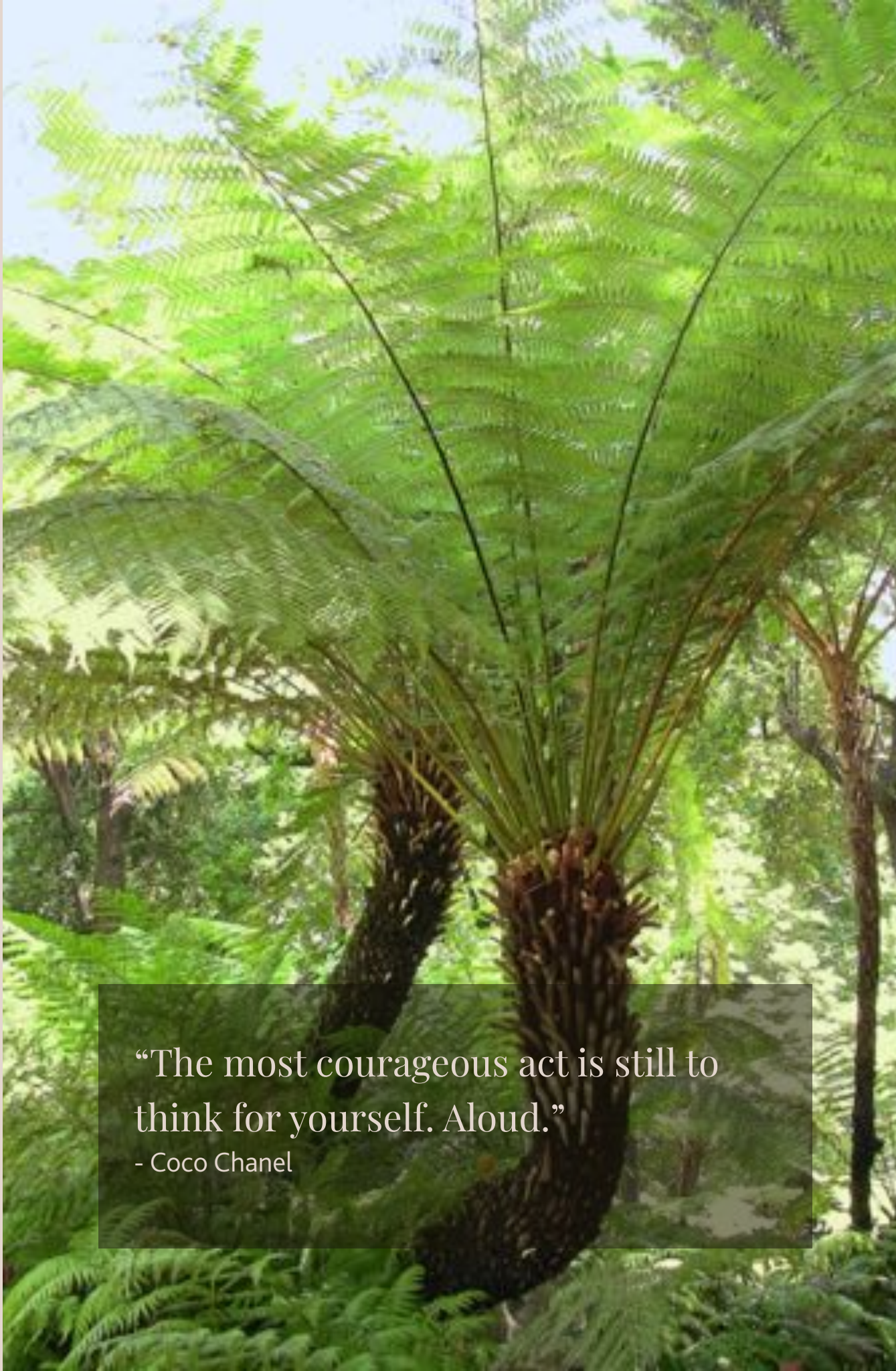
Are you ready to let go of your scepticism, comfort zone, disappointment, and victim mentality?

There is only one person standing between you and your dreams, and that's *you*. Join the COVID Clam Retreat at Carus Gardens and turn your attention to your strengths and overflowing potential.

Dates for September

- 3 September 2021 - *Sold out*
- 4 September 2021 - Spaces available, day visitors only
- 5 September 2021 - *Sold out*
- 10 September 2021 - Spaces available
- 11 September 2021 - Spaces available
- 12 September 2021 - *Sold out*
- 17 September 2021 - Spaces available
- 18 September 2021 - Spaces available
- 19 September 2021 - Spaces available
- 24 September 2021 - Spaces available
- 25 September 2021 - Spaces available
- 26 September 2021 - Spaces available

Please contact the Program Consultant, Hugo Kruger for available dates from October 2021 and 2022 onwards.

A close-up photograph of a large, vibrant green fern frond. The frond is long and arching, with many smaller, feathery leaflets. It is set against a bright, slightly hazy sky. The lighting is natural, highlighting the texture and color of the plant.

“The most courageous act is still to think for yourself. Aloud.”

- Coco Chanel



# COVID Calm Retreat

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## Itinerary

- 07:00 Arrival
- 07:15 Registration and morning refreshments
- 07:45 Welcome and briefing
- 08:30 The fundamentals of change - teaching
- 09:00 Choosing your work - teaching
- 09:30 Reflection and self work
- 10:00 Group reflection and shared learning
- 10:30 Mid-morning refreshments
- 11:00 Creating the plan - teaching
- 11:45 Reflection and self work
- 12:30 Mind-muscle connection - movement
- 13:00 Sensory lunch
- 14:00 Creating harmony - teaching
- 14:45 Reflection and self work
- 15:30 Commitment - Dyad work
- 16:15 Mid-afternoon refreshments
- 16:45 Meditation and aromatherapy - self discovery
- 17:30 Shared learning - facilitated coaching
- 18:00 Program close
- 19:00 Dinner (for accommodation guests)

“Freedom is not worth having if it does not include the freedom to make mistakes.”

Mahatma Gandhi

# Retreat Packages

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*(Only 10 places available per retreat)*

## Accommodation Package

*(only 3 double rooms available)*

ZAR 1,997 per person sharing

ZAR 2,997 Single

1. One-night stay at the 4-Star Carus Gardens Award Winning Country House
2. Breakfast, lunch, and dinners with morning and afternoon break refreshments.
3. Movement, meditation, reflection, teaching and coaching in group and individual sessions.
4. Electronic course material.

## Day Visitor Package

ZAR 997 per person

1. Arrival and Mid-morning refreshments, lunch, and mid-afternoon refreshments.
2. Movement, meditation, reflection, teaching and coaching in group and individual sessions.
3. Electronic course material.



# YOUR PATH TO THE NEXT NORMAL BECKONS

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Speak with your  
Program Consultant

Hugo Kruger

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+27827663656

