



## Autumn Retreat: How Authenticity Breeds Success

*A one day workshop for professional women who are seeking success in their professional and personal life.*

When we started talking about what were the big issues we could address for The Global Goddess Project's Autumn Retreat, the issues of "own voice" topped the list: how do you find, let alone express, your authentic self when there is so much pressure to be the "perfect woman"?

**What is authenticity?** How do we "show our true selves" when we've faced decades of advice on how to act, what to wear, who to admire and when to speak? Women of all ages are struggling to identify their "core" and act authentically from there.

**Imperfection** is also a big issue that goes hand in hand: to be so exposed is often seen as a sign of weakness, of having multiple targets on your back. **As high achievers, we know we want more, we want to push ourselves to the maximum of our abilities** and these days we have such great role models. And such flaws can haunt us.

As spiritually minded, practical professional women, we know there is a time for work to be done on ourselves and **to fix these for a better future.**

Join Dr Grace Lai, Founder of The Global Goddess Project, a trusted advisor on brain, spine and mind care, and Lynne Robertson, Principle of Now Professional Coaching for the Autumn Retreat, a one day workshop that will leave you feeling rejuvenated, nourished, focused and inspired.... All the benefits of a holiday without having to pack a suitcase!

### Dr Grace Lai

**Founder and Director, The Global Goddess Project and The Melbourne Sustainable Health Group**



Dr Lai is a thought leader and speaker in future of self, society, science and spirituality as it contributes toward achieving effective health and life choices for ourselves and generations to come. She trained in Medicine and neurosciences in Sydney, Melbourne and Hobart, and is now an advisor on health technology and brand strategy to local and international businesses. Dr Lai has presented extensively throughout her career in the US, Asia and Australia, including National Science week in 2014 on the science of yoga and meditation.

# Lynne Robertson

## Director, Now Professional Coaching



A force to be reckoned with in the world of business, Lynne has made notable contributions to some of the world's biggest brands including Nestlé, Marks and Spencer and Pacific Brands Food Group; both in Australia and Internationally. With a constant focus on winning, Lynne's no nonsense approach to business has transferred seamlessly to her coaching career. Combining her wealth of business know-how with a multitude of qualifications and accreditations, Lynne will drive you or your business toward goals and ambitions with force and determination.

## The Autumn Workshop will cover:

- The Art of Managing your Audience
- SWOT Analysis
- Personal (re)Branding
- Eating and Moving for an Autumn You
- Supporting your fellow Global Goddesses

## What do I receive?

1. A personal, one-on-one [Discovery Session](#) to identify specific issues you want to overcome in your health and professional endeavours.
2. 12 weeks of coaching and advisory to address the most important issue. See an example of the impact that coaching can have on [your personal and professional life](#).
3. Pre-workshop materials, including videos, tutorials and guides to move into the zone, preparing your body, mind and spirit for the Retreat.
4. Group coaching for nine hours, networking opportunities, a session of yoga and meditation as well as a seasonally curated fully catered lunch.
5. Post-workshop materials, to sustain and drive your attainment of those goals.

This program is distinctly for women who want more in their lives and are willing to invest in themselves to get it. This is a safe and supportive space, for women who are willing to get ahead, but not at the sake of other women.

Chatham House rules apply (<http://www.chathamhouse.org/about/chatham-house-rule>).

## Details

Date: Saturday 23 May 2015  
Time: 9am to 6pm  
Location: Kew, Victoria

**Strictly, a maximum of 8 participants only**

## Agenda

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- 9:00 — 9:30 **Welcome** – *Introduction, principles of the Global Goddess Project and Autumn*
- 9:30 — 11:00 **The Art of Managing Your Audience** – *Who and what you observe is critical to your future success.*
- 11:20 — 12:30 **Strengths and Weaknesses at the Ready!** – *Trying to be perfect can cause anxiety. Embrace your weaknesses and amplify your strengths.*
- 12:45 — 2:00 **Break time: Networking, Nutrition and Exercise (includes catered lunch)**
- 2:15 — 3:30 **Personal (re)Branding** – *Identify and plan for the big and small changes you want to make in your life.*
- 3:45 — 5:00 **Meditation** – *Support your fellow Goddesses, seal in the good work and energy from a day all to yourself.*
- 5:00 — 6:00 **Habits of the Super-Successful (Close)** – *Learn how the super-successful kick goals, set commitments and achieve great milestones.*
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Interested and want to know more? [Contact us](#) or email us at [info@theglobalgoddessproject.com](mailto:info@theglobalgoddessproject.com) for a complimentary Discovery Session before signing up.

## To Register

Visit: <https://www.eventbrite.com/e/autumn-retreat-how-authenticity-breeds-success-tickets-16762442918>

## Testimonials from previous retreats

"Great day of self care, goal setting, meditation, nutrition and yoga. Would love to see it spread over a weekend as we received just a taste of what could be achieved. Grace is passionate, informative, knowledgeable which made for terrific day." JC, Richmond

**See what other women have said about previous Retreats:**

<https://www.youtube.com/watch?v=0Lut1Y3Rb20>

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