PAUSE, REFLECT AND LEAD WITH PURPOSE

AN EXECUTIVE RETREAT

2ND – 8TH NOVEMBER 2014
PAUSE, REFLECT AND LEAD WITH PURPOSE

Date: 2nd– 8th November 2014
Starting Sunday mid-day and finishing the next Saturday lunch time.
Location: Intimate Boutique Resort of Villa Flow, East Bali (nearest airport: Denpasar)
Week Leaders: Laurent Criou, Dr. Sabine Menon and Inge van Zon

The ‘Pause, Reflect and Lead with Purpose’ week is aimed at corporate executives who wish to define how a fulfilling career and maximizing life’s potential can go hand in hand. Today’s world demands professionals to be constantly switched-on and the fast pace of working life stops people from being connected with themselves, taking its toll on the physical and mental wellbeing. Business leaders will have the opportunity to redefine leadership and personal objectives, feel confident to break old negative patterns and develop new capabilities to lead successfully. Those searching for a new direction will identify how they currently relate to the world, what they really want to achieve in their life and at work, as well as create an action plan on how to implement it.
Facilitated by three renowned leadership development specialists, the ‘Pause, Reflect and Lead with Purpose’ week combines successful INSEAD and other top business schools coaching theories and leadership concepts with a deeply restorative approach to holistic wellbeing, aimed to inspire new direction and creativity both in the workplace and in personal life.
Set on the beautiful island of Bali, participants will have the opportunity to unwind from the demands of daily life, take time to reflect and begin to explore self perception, where personal motivation lies and how to optimize their potential. By identifying self-sabotaging patterns and beliefs, it becomes more natural to discard that which no longer benefits and focus on living a happier and more authentic life.
The program has been devised with a natural flow, to create awareness of different levels of self. There will be a focus on the mind (awareness of ego, family systems, behavior and thought patterns), on competing commitments and unconscious patterns, including in decision making and the connection between work and personal environment. During group coaching sessions, all insights are brought together and participants will have opportunities to share and learn from each others professional and personal insights in order to use collective full awareness and enable effective change.
YOUR RETREAT LEADERS

‘Pause, Reflect and Lead with Purpose’ week leaders are highly experienced leadership development specialists, who – in their own practice - work with FTS 100 companies:

LAURENT CRIOU

Based in Singapore. French.

10 years in Leadership Development at AXA and INSEAD. Head of AXA APAC HR, designing and delivering leadership development strategies. Director of ‘Leadership Elements’, specializing in senior leadership transitions and accelerated development.

Leadership expert

Accredited member of the INSEAD Global Leadership Centre (IGLC). Associate coach at the Centre for Creative Leadership (CCL). Practicing Integrative Psychoanalyst. Clinical Psychodynamics approach

MA John Hopkins
INSEAD Master’s Degree in Organizational Psychology

INGE VAN ZON

Based in Singapore

Managing Partner and founder Z & Z Consulting a consulting firm specialised in transformational projects for financial institutions operating in South-East Asia and Hong Kong combining risk, finance and actuarial consulting with leadership development. Unique in combining business know how with people focus

Change Management Expert

Coaching senior executives in Asia and Europe
Associate coach at the Centre for Creative Leadership (CCL). Owner of Villa Flow, a boutique hotel build for the purpose of hosting leadership programs Psychodynamic and Systematic Approach

MA in Actuarial Science and Economics at University of Amsterdam
Kellogg/Nyenrode MBA
INSEAD Master’s Degree in Organizational Psychology

DR. SABINE MENON

Based in Shanghai

Founder of ‘Reflections’, a leadership development boutique coaching senior executives in individual and team settings.

Behavior and Organizations specialist.

MA in neuro-psychology ; PhD in Human Development and Organizations. Blends academic rigour with pragmatic solutions grounded in the business context.

Vipassana Practitioner - aims, in a small way, to bring awareness, balance and happiness to business leaders so that it cascades to the entire organization
WEEK CONTENT OVERVIEW

- In-take and personal assessments, including feedback questionnaires
- Practical applications of leading leadership development theories: Boyatzis ‘Resonant Leader’ ©, Kegan ‘Immunity to Change’ ©, Kets de Vries ‘CCRT’ ©
- Group sessions on topics such as:
  - Increasing Self-Awareness
  - Defining Success and Balance and how they are influencing each other
  - Managing conflicts, competing commitments and reactive behaviors
  - Uncovering your personal processes influencing your Decision Making and Priorities
  - Mastering group dynamics for high performance
  - Leading with Purpose
- Individual one on one coaching sessions
- Peer Exchange Sessions
- Individual guided reflective work
- Daily Yoga and Relaxation Exercise
- Nutritional advice for healthy living
- Two 90-minute Balinese Healing massages
- Other activities including rice field treks and cycling tours
- All healthy organic meals and afternoon tea and snacks

KEY TAKE-AWAYS:
At the end of this “Pause, Reflect and Lead with Purpose” week, participants will realign by:

- Becoming conscious of the choices they make and become more effective as a leader
- Better understanding the inner dynamics that drives day-to-day behavior
- Renewing their focus and life priorities
- Better understanding how to balance professional success with purpose
- Restoring elements of health and physical wellbeing
WHO SHOULD ATTEND

- Executives and business leaders who are willing to reflect on the impact of their leadership and work with like minded professionals, in an individual and group setting.
- Leaders and decision makers who think that they could be even more effective leaders if only they had time to step back and focus on themselves in a professional setting
- Leaders who want to gain control of their future professional and personal selves
- **Capped at 12 participants:** East Bali Boutique Resort booked exclusively for retreat participants

Package

- 7 days seminar
- Accommodation in executive room
- All meals
- Airport tras

**Price for individuals:** € 5800 per person
**Price for company client:** € 8000 per person
Testimonials from participants of similar retreats in Villa Flow Bali

Drs. Danielle A.M. Melis MBA – Chair Corporate Governance Institute - Nyenrode Business University

“During this week, people traveling along the path of personal development are encouraged to go beyond the usual and discover the unusual. In the surroundings of the beautifully authentic Eastern Bali, and under the professional guidance of Laurent, Sabine and Inge, I gained a deep insight into my ‘true’ self. Not only by thinking myself in a new way of acting, but by acting myself in a new way of thinking. Experiencing the Eastern way of eating and taking care of my physical health, combined with Western state-of-the-art executive coaching sessions on self-awareness is not only unique, but for me was also an extremely valuable milestone passed on the personal development path I chose to start exploring some years ago. A high impact program that in my opinion truly can touch one’s soul!”

Sabijn Timmers AAG MBA – Chief Risk Officer, Triodos Bank

“This week has been the best thing I have experienced so far with respect to coaching. The focus on the well being of the body led to a situation where you were really open for all the feedback received. Thanks to the set up of the program and the physical environment created, the boundaries of regular life temporarily disappeared thereby leading to a disposition in which you are really able to gain new insights. The coaching itself I experienced as very intensive, however, thanks to the combination with more relaxing elements in the program such as the nature walk in silence, the yoga and the massage, it was very effective.”
EXPERIENCE THE BENEFIT OF 12-18 MONTHS COACHING IN ONE WEEK

JOIN THE PAUSE, REFLECT AND LEAD WITH PURPOSE WEEK IN BALI