



SOULCOCOON

Life Direction Expansion For Women High Achievers

Weekend Retreat 28 & 29 March 2009 Milton Park Country House Hotel, Bowral, NSW

Take a Nurturing Break • Expand your Soul Goals Design your Next Evolutionary Step

- For women who want a clearer compass
- For women who want deeper soul power
- For women who want to supercharge their leadership
- For women searching for expanded personal vision



Your Facilitator
ALICIA POWER
International Personal
Success Coach

Alicia Power is an Exponential Core Clarity™ Coach and Soul Mentor who specializes in activating leadership, supporting achievers in life balance as well as mentoring leaders into their next level of contribution.

SOULCOCOON retreat outcomes

1. New Clarity

A connection to your core drivers with clearer self-respecting boundaries and determination to fulfill your Soul Goal.

2. New Vision

An expanded 'Permission-Base' in your unconscious giving you fresh options that before you did not allow as possible in your life.

3. New Choices

Clarity of purpose and new decisions will emerge from wider options and a stronger sense of ownership of your time and life.

4. New Leadership Direction

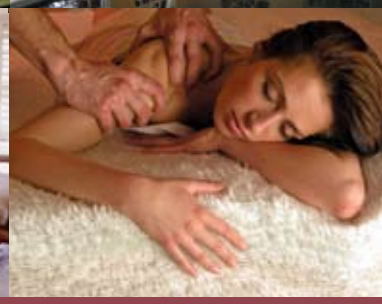
This retreat will activate an unfolding and deepening sense of community leadership. The results will be observed more clearly within 6 months of the retreat.

5. Mind/Body Relaxation

Your mind and body will enjoy the quiet time and spa treatments you need to rest, heal and feel nurtured. Your unconscious blocks will be stirred, released and integrated, while subliminal anxiousness will be dissolved during these and other 'time out' periods.

Life Direction Expansion

- Exponential Facilitation
- Review Your Life Direction
- Align Business and Work Goals with Core Drivers
- Network With Other High Achieving Change Agents
- Nurturing, Healing Spa Treatments
- Fully equipped gym, steam room and indoor pool.
- French-Style Luxury Accommodation
- Superb Historic Venue, Gardens & Cuisine
- 2 hrs South of Sydney, NSW.



SOULCOCOON your facilitators

Alicia Power

Alicia Power is an international life success coach whose clients range from CEO's, executives and community leaders to film directors, media producers, business owners, coaches, psychologists and trainers.

She specializes in leadership empowerment and works with clients throughout the US, UK, Singapore, Indonesia, New Zealand and Australia. Alicia presents retreats in Bali and Australia, is a regular feature writer for international spa and lifestyle magazines and has been frequently interviewed on radio.

Roz Clarke

Co-Facilitator. Roz Clarke is a Master NLP Practitioner, Hypno-Therapist, Relationship & Communications Strategist and Self Development Trainer.

SOULCOCOON what others say about alicia power

"Nothing has catapulted me faster and further than the profound work with Alicia. It is the most beneficial work I have ever undertaken and I highly recommend it!"

Anne-Maree Huxley, Company Director

"Thank you again for your clarity and dedication. You are a blessing and gift to us all. I adore your encouragement. It has opened my heart, wide open, and I feel inspired and revitalized."

Wendy Bloom, Company Director

"Working with Alicia has inspired and enabled me to lighten up, have fun, and to make decisions in my personal life and business life that are in alignment with my body, mind, and soul. For many years I was too busy to even listen to the needs of my heart and soul, never mind act on them."

Carol Davis, Speaker and Corporate Consultant

"I have personally taken away from my sessions a great deal of insight, clarity and inner peace, and more importantly optimism about how to create extraordinary things in my life. The unique gift Alicia brings is that she does not leave us alone in our journey, but provides us with a wealth of ongoing support and guidance that may have otherwise been out of our reach."

Tracy Cahn, Corporate Psychologist

SOULCOCOON you will receive

- Exponential Facilitation with Alicia Power • Personal Attention – only 10 delegates • Quiet Time to Reflect
- Solitude and Peace • Take-Home Mind Tools Pack • Opportunities To Discuss Challenges
- Bonus Self-Growth Resources • A Team of 'Growth' Experts for Ongoing Support • Monthly Group Tele-meetings
- Optional Personal Follow-up Mentoring



SOULCOCOON retreat includes

Your venue

The Milton Park Country House Hotel is a historic landmark in NSW's beautiful Southern Highlands. The heart of the venue is a grand mansion built at the turn of the 20th Century and its superb gardens are regarded as being amongst Australia's finest.

Two Nights Accommodation

Enjoy your luxuriant French Provincial Style spacious bedroom (recently stylishly refurbished) twin share or single. Your room overlooks Milton House's award winning gardens or Pine Forest and is well appointed with French Provincial and Antique furnishings.

Six Meals plus Refreshments

Breakfast – Full Country Breakfast Saturday and Sunday served in the Conservatory
Lunch – Saturday and Sunday, Luncheon Buffets served in the Conservatory, plus Morning and Afternoon Teas
Dinner – Friday and Saturday, 3 course in the Horderns Restaurant

Two Spa Treatments in the magnificent European-style spa

Relaxation Massage – 90 min face, scalp and body massage with pure essential oils.
Spa Facial or other 1 hr treatment of your choice. (You may add extra treatments from a full spa menu throughout the retreat.)

Full access to Milton Park's Health Club facilities

• Steam Room • Sauna • Fully equipped gymnasium • Heated Indoor Pool • Hydrotherapy Spa • Relaxation Room

Optional Extras (Not included in package)

• Personal training session • Early morning walks and stretching sessions • Formal tour of Milton Park's historic gardens
• Tennis • Yoga, Pilates or Tai Chi classes

Seven Group Exponential Facilitation Sessions

Personal one on one sessions available with assistant facilitator, Roz Clarke on appointment basis.
Monthly Group Follow-Up Tele-Meetings

Your Soul Cocoon package DOES NOT include

• Transportation to and from venue • Extra Spa Treatments • Extra Health Club Activities
• Lunch and Dinner beverages • Optional Personal Follow-Up Mentoring

Don't miss out - spaces are limited to 10 delegates

To secure your booking we require your full registration.

SOULCOCOON investment

AUD\$3470 per person based on double occupancy (twin/double sharing room)

AUD\$4500 single occupancy (stay in your own private room)

Early bird offer: \$200 off full price when registering before February 1.

registration visit www.sublimewomen.com.au or call 1300 764 675

questions? call us on 1300 764 675