

**Robin Rose Training & Consulting, Inc.**

**Personal Retreat in Mexico with Robin Rose**

**Transform from the Inside Out**



**Retreat dates: Monday October 24 – Friday October 28, 2016**

*Arrive Sunday October 23, 2016 and depart Saturday October 29, 2016*

Connect with yourself. Go deeper, align with your values, and consistently move in the direction of your strengths, purpose and passions. Identify, learn from, and remove your barriers. Experience a level of authentic relationship with yourself like never before. Reap so many benefits: new levels of clarity & personal satisfaction, expanded health and energy, and more rewarding connections with the important people in your life, personally and professionally.

Robin has designed this retreat to equip you with insights, skills and the motivation to bring greater joy, health and fulfillment to your personal and professional life and relationships. Bringing the latest from the neuroscience of high function brain states and personal change, you will learn skills and techniques that will last you for a life time. This workshop will deepen, nourish and strengthen your relationship with yourself. You will boost and strengthen your confidence and passion for your life and life path.

Why in Mexico? A unique chance to unwind, see your life from a new point of view, while gaining personal insights and learning life-transforming skills. You will experience *far* more and deeper results than you normally would at a workshop where you come and go from home each day.

Come to Robin's favorite spot in Mexico for a 5 day workshop. Stay in beautiful accommodations in the small town of Punta de Mita, 45 minutes north of Puerto Vallarta. Spend five mornings in a small customized retreat with Robin. Your afternoons will be free for swimming, in the pool or ocean, whale watching, fishing or snorkeling at the Marietta Islands. Plan on seven days and six nights of delight, personal growth and rejuvenation.

Each day:

Awaken from the unique quality of sleep that ocean settings evoke, restful and refreshing. Step out onto your veranda, overlooking Bandaras Bay (along the Pacific Ocean). Soak in the morning sunshine and smell the gentle sea breeze. Or maybe take a morning walk on the beach.....



Awake early and ready for coffee? You have a fully stocked kitchen for your own coffee, tea or morning beverage.

At 8AM join the group for a delicious, fresh Mexican breakfast, prepared for us each morning in our retreat suite by a skilled local chef.

After breakfast take a moment to stretch and relax before beginning the morning seminar.

At 9AM and until– 1PM you will participate in Robin’s custom 5 day retreat (see the description of each day, below). You will meet outdoors on the massive veranda, or indoors on comfy couches. Prepare for comfort, insights, personal ah-has, and new skills, and, of course, breaks that include fresh fruits, an assortment of nuts and yogurts and beverages (requests welcomed).

At 1PM our seminar for that day ends, and you have a wide range of activities on your own to choose from (and do with others). Your afternoon can be filled with relaxing at the private pool, or wandering the very short distance to the ocean and relaxing in a beach chair there. Beach combing, massage, fishing, paddle boarding, whale-watching are all available just 1 block from our site.

On one afternoon you will meet privately with Robin for your private coaching session.

Dinner? So many options, so much fabulous food! And an exceptional sunset!

The entire group will meet for an elegant dinner on the beach Monday and Friday nights of the workshop week. Enjoying the sunset, outstanding meals and each other. For the other nights people will have the option to eat in groups or alone, we will provide you with a list of great places to eat, from small local restaurants, to fine dining at water’s edge, all within a 3 – 10 minute walk.





## Day 1 – Quiet Your Mind

9AM – 1 PM

Learn to come out of defense, hurry, worry and judgement, all states that hijack your brain. When these occur, we have lost our focus, intention and movement in the direction of our purpose and passion. We spend large amounts of time and energy but get less fulfillment and accomplishment.

On our first day Robin tackles the important subject of stress in your life: what it is, how it impacts your physical and mental health as well as your work and your relationships. Learn how to embrace it (we only stress about what we care about) reduce it, manage it and increase your resilience through it. Get key skills to sustain yourself year round.

The following is a list of physical, mental and emotional reactions that occur when people are too stressed. Which of these look familiar to you? Have any more than 2 – 5 times a month?

- Frequent headaches or upset stomach?
- Difficulty falling asleep or staying asleep?
- You're sicker than you used to be?
- Wake up tired or feeling slow?
- Inability to think clearly?
- You're grumbling, not whistling, on your way to work?
- Feel upset often with your family or coworkers?
- Your teamwork is suffering?
- Find yourself complaining more than laughing?
- Feel anxious, overwhelmed, resentful or angry often?
- Too tired or angry to enjoy yourself when you finally have the time to?

Robin will teach techniques to stop and slow the biological downshift into unhealthy stress mode, along with research-driven practices that increase the clarity of your thinking as well as your resistance to stress and burnout. These techniques can be used at work and at home.



## Day 2 – What's Your Story?

9AM – 1 PM

Your thoughts define you. They shape your entire life, past, present and future. They instruct your brain to move in THAT direction. What you think about, you bring about. The most important ability you possess is the ability to focus your mind, thoughts, stories and words in the direction you desire. 98% of most people's thoughts are

fear-based or negative (worry, complaining, gossiping, scarcity) and these thoughts both change the chemistry in your brain as well as what gets attention and motivates behaviours in your life. Most of us

carry an inner voice that is critical, yet effective in sabotaging our movement forward, and shapes our lives more than we know.

On Day 2 we will look at YOUR story and how it shapes you today and your vision of your future. You will understand how your thoughts change your chemistry and allow or disallow accurate perception, insight and your success. You will understand how your stories create your feelings, attitudes and moods, and how to rapidly change these. The goal : a inner story that matches the outcomes, happiness, health and success that you desire!



### **Day 3 – Define Yourself! Get on Your Path, Stay on Your Path, Do it with Passion!**

**9AM – 1 PM**

Feel your feelings, but act from your values. Our lives are busy and full of demands. All too often we get pulled off of our sense of purpose, passion and alignment because of demands, business and stress

occurring around us. Day 3 is about clarifying what is on the top of your life list and how to engage with **those important** items daily, no matter what, at work and at home.

Does this ever happen to you? You promise yourself that you will start a new healthy habit or kinder communication style. Then, when it gets challenging or just plain inconvenient, you don't follow-through, instead you eat that unhealthy food, or have that argument that brings pain but no meaningful understanding and connection. On day three you will learn WHY your brain gets hijacked (what core need is unmet and wins everytime) and you act in ways you think you do not want to, and, most importantly, how to work with and change this, so that you can follow-through and act upon what is important and life enhancing to you.

What's important to you? What is necessary for your fulfillment, meaning, joy, health and well-being? What does that actually look like in your life? How would you like it to look? How do you build in essential pieces in your daily life. Learn to stop the hijack that deters you from achieving outcomes you really want.

A powerful understanding will happen for you on Day 3 – you will gain an insight and learn a tool you will use the rest of your life. Empowering and freeing!



## Day 4 – Exceptional Health - Self-Care, **Self-Compassion & Forgiveness**

9AM – 1 PM

Health cannot exist in the body or mind if your one core need is not met. Day 4 will take everything you have learned and now focus upon and applying it to your health. What is needed for your system to experience consistent vitality, energy and stamina? Understand the relationship

between forgiveness, self-compassion and optimal health. Identify what needs greater balance within you for your health. Design a plan, internal and external, to support these new steps forward.

Are you helping others at work? Do you experience constant tiredness, feelings of burnout or compassion fatigue? Learn which 6 key habits alter the structure of the brain and prevent burnout. Identify simple ways you can build the right amount of them, for you, into your life. Go deep, embrace the self-sabotage tendencies that keep you stuck, unhealthy and unhappy. Use the skills of self-compassion, forgiveness and internal unstoppable support to get going forward on a whole new path of joy, energy and health!

## Day 5 – Understand How Your Brain Organizes – then Organize Your New

**Plan! 9AM – 1 PM**



On day 5 we will put it all together. What's important? And what comes first? We will start the morning with a Gregorc Adult Style Delineator (a favorite and empowering assessment tool) that will help you see what you need to stay on track with your plan and accomplish your goals. Then, once we know your 'style' we will put together plans that incorporate the learning, desires, actions and behaviours from the entire week!

Meet individually with Robin to discuss your goals and plan. Once in Punta Mita, then again when you return home (via Skype or phone).





## **Robin Rose Training & Consulting, Inc.**

### Itinerary

Sunday October 23 – Arrival to Puerto Vallarta and be picked up and driven to Punta Mita.

Monday October 24 through Friday October 28 - Morning private workshop with Robin 9:00 AM- 1:00 PM

Afternoons are free for fun and exploration

Saturday October 29 – Return to Puerto Vallarta Airport and fly home



Afternoons are yours to relax on the beach, by the pool, go shopping, or try some of these activities:

Get a massage: There is a lovely spot just next door.

Walk about the unique fishing village of Punta Mita & experience the local lifestyle.

Enjoy a beverage on the beach under a simple palapa overlooking the surf.



### Isla Marietas National Park

The Islands are protected by the government and have an abundant marine ecosystem, and is a popular location for snorkeling and scuba diving. Wildlife includes: sea turtles, manta rays, octopus, wild dolphins, humpback whales and thousands of species of tropical fish around the islands.



**PUNTA MITA**  
EXPEDITIONS

### Punta Mita Exeditions

Surf Lessons  
Scuba Diving

Whale Watching  
Swim with the Dolphins  
Marine Safari

## **Registration Information**

Register on line at [robinrose.com](http://robinrose.com)

Or email Josie - [josiec@robinrose.com](mailto:josiec@robinrose.com)

## **Your Lodging**

Here is some info on your VILLA

Double Occupancy:

\*Private Beach Access

\*Upgraded Furniture in Living Room and Master Bedroom

\*1700 square foot, two bedroom, 'OCEAN VIEW' Villa with Two Full Baths

\*Panoramic Ocean Front Views

\*Custom-Built, Four-Burner Gas Grill on Your Balcony

\*Gated Community



## **And AMENITIES.**

Here are just a few:

\*Huge Oceanview Pool And Jacuzzi

\*Tennis Courts

\*Twenty-four (24) Hour Security

\*Twelve (12) Restaurants Walking Distance

\*Beach Rentals (Kayaks, Long Boards, Boogie/Surf Boards)

\*Easy Access to all forms of transportation

## Robin Rose Training & Consulting, Inc.

### Our Retreat Space:

Comfortable, casual, elegant, scenic and inspiring



## **Robin Rose Training & Consulting, Inc.**

### **What is included**

6 Nights' lodging in superior accommodations.  
For double occupancy each person will have their own bedroom and bath, and share a living room/kitchen/patio with one other attendee  
(Please contact Josie if you would like private accommodations)  
Breakfasts and snacks during the workshop  
Transfers to and from PVR airport  
5 days of private custom workshop with Robin Rose  
Two individual coaching sessions with Robin:  
One 30 minute during the workshop week, the second, 60 minutes, two – three weeks after arriving back home  
Support materials  
Elegant dinner on the beach with entire group, Monday and Friday nights of the workshop week

### **What isn't included**

Your roundtrip airfare from home  
Other non-included items would include souvenir shopping, personal phone calls, spa services, laundry, bell-boys, and tips for your room maid (we recommend \$1-2 USD per day per person)  
Personal, medical or trip cancellation insurance

### **Financial Information**

<b>Description</b>	<b>Price</b>
Workshop, materials, lodging, included meals, transfers Double occupancy	US \$3,699.00
Workshop, materials, lodging, included meals, transfers Single occupancy	US \$4,199.00
Deposit due at registration	US \$500
Balance due 60 days before retreat (Aug 25, 2016)	US \$3199.00 (Double) US \$3699 (Single)

### **Cancellation Policy**

You have exactly 30 days to cancel payment for the retreat from your day of purchase or the date of travel whichever is first. After this time the Operator has no obligation to refund your monies. Cancellation can be done by emailing [josie@robinrose.com](mailto:josie@robinrose.com).

## **USEFUL TRAVEL INFORMATION - MEXICO**

### **Passports**

Please double check your passport is valid for six months beyond the date of return from your trip. If you change your passport after booking the trip with us, please tell us, and then bring the old one (or a good color copy) with you just in case.

### **Travel Insurance**

We strongly recommend you take out travel insurance before your trip. We do not sell travel insurance and our clients are responsible for arranging their own insurance.

### **Electricity**

110 volts

### **Time**

Puerto Vallarta is Central Standard Time. Puerto Vallarta is GMT minus 6 hour

### **Money & Expense (Mexico)**

The Mexican currency is the peso, it is currently worth approximately \$0.55. The Dollar is also widely accepted. There are two ATMs in Punta Mita. Many restaurants accept credits cards, though the smaller spots often do not.

### **Climate**

Punta Mita is blessed with one of the most pleasant climates in the world. Sharing the same latitude as the Hawaiian Islands, Punta Mita is kept comfortable year round by gentle sea breezes with average summer temperatures around 85° and average winter temperatures at 75° respectively. The Central Pacific Coast of Mexico is surrounded by jungle and receives 345 days of sunshine per year. The rainy season is June through September, however, rain usually doesn't start until late in the afternoon, leaving most of the day free for outdoor activities. The Bay of Banderas also offers shelter from harsh Pacific winds in the winter. The month of October is characterized by *gradually falling* daily high temperatures, with daily highs around 89°F throughout the month, and night temperatures averaging 72 degrees.

### **Activities in Punta Mita**

Located at the northern tip of the Bahia de Banderas, 26 miles from Puerto Vallarta on the Punta Mita Highway. The beach itself is fairly rocky but offers beautiful views of the Pacific Ocean and the Sierra Madre Mountains that frame the bay. Sports, tours and amenities of all kinds are available. The area is known as a great surfing beach and snorkeling is excellent along the islands just off shore.

Check out Sayulita! Take an afternoon trip to the unique and popular surfing village of Sayulita, 15 miles north of Punta Mita.