

PERSONAL ODYSSEY

Begin Your Next Chapter in Greece

A short boat ride from Athens takes you to the island of Aegina.
Far enough away from ordinary life to see it rather differently.

Personal Odyssey is a highly personalised coaching journey for people who want to become more intentional about how they lead - at work, in their relationships and in their own lives.

You may want to become a more authentic and effective leader. You may be navigating a transition. Or perhaps things are going perfectly well, but perfectly well no longer feels quite enough.

Who are you becoming - and how do you want to show up for what comes next?

Not a conference room. Not a hurried conversation squeezed between meetings.

A Greek island. 360-degree insight. Intensive one-to-one coaching. Space to think.

And then six or twelve months to put what you discover into practice.



HOW IT WORKS

BEFORE AEGINA

Seeing yourself more clearly

The journey begins before you pack a bag.

We start with an in-depth conversation about your life and leadership: what is working, what isn't, what you want to change and what you might not yet understand.

Together, we identify up to seven people who see different sides of you - perhaps colleagues, direct reports, friends, family or your partner.

We interview them individually. The purpose isn't judgement. It is perspective.

What do others see that you don't? Where are you at your best? What patterns repeatedly get in your way? What might you underestimate about yourself?

Combined with your own pre-retreat reflection, this gives us something rather more useful than a personality profile: a rich picture of the person who actually turns up in the world.

THE PERSONAL ODYSSEY

2.5 DAYS ON AEGINA

Stepping away to look within

Then you come to Greece.

For two and a half days, the agenda is unusually simple:

You.

Through intensive one-to-one coaching, we explore the beliefs, habits and aspects of your personality that have helped you get here - and those that may make it harder to get where you want to go next.

We look at the tensions between who you are, who others experience, and who you want to become.

There will be challenge. There will be reflection. There will also be yoga, good food, mountain paths, sea swims and a massage.

Because apparently human beings occasionally have better insights when they aren't staring at a PowerPoint presentation.

YOUR GOOD LIFE PROJECT

Turning insight into intent

The retreat isn't simply about understanding yourself better.

It is about deciding what to do with that understanding.

Together, we develop your **Good Life Project**: something meaningful that gives your development a direction beyond simply 'becoming a better leader'.

Where do I want to go?

What matters enough to change?

How do I need to show up differently?

What practices will help me become that person?

Who do I need around me?

By the time you leave Aegina, you will have a personal roadmap: a destination, meaningful milestones, practical experiments and a clearer sense of the person you want to be along the way.

Not a rigid plan for controlling the future.

More a compass for meeting it.

THE RETREAT

DAY ONE

ARRIVAL & FOUNDATIONS

Arrive. Settle in. Begin.

Dinner and our first one-to-one conversation.

We review what has emerged from your preparation and stakeholder interviews and begin identifying the questions beneath the questions.

THE QUESTION *What am I really here to explore?*

DAY TWO

SEEING CLEARLY

A day for noticing what usually stays hidden.

Morning yoga and breakfast.

A day of intensive one-to-one coaching, interspersed with time to reflect, eat well, swim and simply be somewhere different.

We explore the patterns that shape how you lead and live: your strengths, assumptions, habits and blind spots.

Massage. Swim. Dinner at the villa.

THE QUESTION *What do I need to see about myself that I haven't seen before?*



THE RETREAT

DAY THREE

BECOMING

From understanding towards possibility.

Yoga. Breakfast.

Some of our coaching happens while walking in the hills. Other conversations happen back at the villa. There is time alone to think and space for ideas to arrive without being immediately turned into objectives.

We begin shaping your Good Life Project and the practices that will support it.

The day ends with dinner in town: food, wine, conversation and Aegina after dark.

THE QUESTION *Who do I want to become - and what would that look like in practice?*

DAY FOUR

THE WAY FORWARD

Bring the threads together.

Yoga. Breakfast. A final morning coaching session.

You leave with your Good Life Project, a personal roadmap and a small number of practices and experiments to take back into everyday life.

Because insight is lovely.

But Tuesday morning is where the experiment really begins.

AFTER AEGINA

MAKING CHANGE STICK

Coming home is part of the Odyssey.

The surroundings become familiar again. The inbox returns. Other people's expectations have inconveniently failed to disappear.

This is where the longer coaching journey matters.

Over the following six or twelve months, we meet regularly online to explore what is happening as you put your intentions into practice.

We notice what works. Examine what doesn't. Adapt your experiments. Challenge old patterns. Celebrate progress. And keep returning to the larger question:

Am I becoming the person I intended to become?

Between sessions, you will have access to ongoing WhatsApp support when something needs attention before the next scheduled conversation.



YOUR PERSONAL ODYSSEY

BEFORE THE RETREAT

Deep-dive coaching conversation

An extended one-to-one session to understand where you are and what you want to explore.

Up to 7 stakeholder interviews

Confidential conversations providing a rich 360-degree perspective on how others experience you.

Personal preparation

Reflection designed to help you arrive ready to make the most of our time together.

ON AEGINA

2.5-day private coaching retreat

Intensive one-to-one coaching on the Greek island of Aegina.

Accommodation and meals included, alongside morning yoga, massage, walking, swimming and space for reflection.

AFTER THE RETREAT

6 or 12 months of individual coaching

Regular online sessions to support your development and Good Life Project.

The six-month programme includes a minimum of 12 fortnightly coaching sessions.

Ongoing WhatsApp support

For the moments when life declines to wait politely until your next coaching session.

WHO'S IT FOR?

For people who are serious about how they lead - and curious about who they might become next.

You don't need a crisis.

Curiosity is quite enough.

READY TO BEGIN?

A Personal Odyssey starts with a conversation.

Book a discovery call and let's explore whether this is the right journey for you.