LAUGHING HEART
adventurous paths to a Good Life

AEGINA, GREECE · THURSDAY TO SUNDAY

The Personal Odyssey

A private coaching retreat
on a Greek island.
Six months to put it into practice.



A short boat ride from Athens takes you to the island of Aegina.

Far enough away from ordinary life to see it rather differently.

The 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 months to put what you discover into practice.

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.

PART ONE

Before Aegina

Seeing yourself more clearly.

The journey begins before you pack a bag.

We start with a two-hour, one-to-one 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 decide who to speak to: up to seven people who see different sides of you, perhaps colleagues, direct reports, friends, family or your partner.

We interview each of them individually, for about 45 minutes. 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.

PART TWO

On Aegina

Stepping away to look within.

Then you come to Greece. Three nights, Thursday to Sunday, with at least fifteen hours of private coaching. For that time, the agenda is unusually simple:

You.

Why go away at all? Because a conversation that really matters needs two things: a relationship with someone you trust, and somewhere that loosens the grip of your usual thinking. An island, a villa and a long lunch help with both.

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 daily massage.

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

DAY ONE · THURSDAY

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 · FRIDAY

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?*





DAY THREE · SATURDAY

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 · SUNDAY

The way forward

Bring the threads together.

Yoga. Breakfast. A final morning coaching session.

You leave with your Good Life Project vision and the key practices you will experiment with when you take it back into everyday life.

Because insight is lovely.

But Tuesday morning is where the experiment really begins.

PART THREE

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'.

THE QUESTIONS WE WORK WITH

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?

You leave Aegina with your Good Life Project, and a clear idea of where to start.

WHAT YOU TAKE HOME

A vision for your Good Life Project: where you want to go, and who you want to be along the way.

Key practices to experiment with, and get support with, over the following six months.

Not a rigid plan for controlling the future. **More a compass for meeting it.**

PART FOUR

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 months, we have a 60-minute call every fortnight 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 calls, you have ongoing WhatsApp support when something needs attention before the next scheduled conversation.

THE JOURNEY AT A GLANCE

Your Personal Odyssey

Before the retreat

A two-hour deep-dive conversation, up to seven stakeholder interviews of about 45 minutes each, and personal preparation.

On Aegina

Three nights, Thursday to Sunday, with at least 15 hours of private one-to-one coaching.

After the retreat

A 60-minute coaching call every fortnight for six months, with WhatsApp support in between.

YOUR COACH

Aaron Quinn

Your coach, from the first conversation to the last call.



Aaron spent twenty years in advertising, media and communications, ending as a Managing Partner within one of the world's largest advertising groups, leading people and businesses across China, India, Russia, Turkey and other wonderfully complicated places. By most conventional measures, things were going rather well. That was the problem, so he left.

He trained as a mindfulness-based executive coach and facilitator with the Asian Leadership Institute in Thailand, later becoming a partner, and has worked with leaders and teams from WPP, Nike, LinkedIn, Bayer, Uber, Citibank, FIFA and Danone, alongside founders building young companies across Asia.

He has little interest in telling people what they should do next. He is much more interested in helping them notice what they already know but have not yet found the courage, or perhaps the quiet, to hear. Friends describe him as curious, loyal, direct and unexpectedly funny. His favourite word is wonder. He lives on Aegina, where Laughing Heart began.

IN THEIR WORDS

"Aaron probes into your motivations and has the ability to truly understand how to push you as an individual to overcome your fears and become more effective in everything you do... Aaron is an inspirational and fun coach who I look forward to connecting with on a regular basis."

Regional VP, global organisation

"My experience with Aaron was exceptional! At the start of my journey, I had very little clarity on the vision for my life... his coaching has helped me to get clarity on how I would like to build my life and business going forward... and opened me to new perspective and possibilities!"

Founder of a highly successful boutique law firm

PRACTICALITIES

The details

THE PERSONAL ODYSSEY

WHEN

Thursday to Sunday, three nights. Dates agreed with you.

WHERE

A villa on Aegina, forty minutes by fast boat from Athens.

WITH

Bespoke and one-to-one with Aaron, from the first conversation to the last call.

WHAT'S INCLUDED

BEFORE THE RETREAT

- A two-hour deep-dive conversation
- Up to seven stakeholder interviews, about 45 minutes each
- Personal preparation

ON AEGINA

- Three nights' accommodation
- Breakfast, lunch, dinner and drinks
- At least 15 hours of private coaching
- Morning yoga
- Walking, swimming and local excursions
- A daily wellbeing massage treatment

AFTER THE RETREAT

- A 60-minute coaching call every fortnight for six months
- WhatsApp support between calls

INVESTMENT

A bespoke, all-inclusive six-month commitment, shared in our first conversation.

Not included: flights and transfers to and from Aegina.

Ready to begin?

A Personal Odyssey starts with a conversation.

Arrange one at laughingheart.life/contact, and let's explore whether this is the right journey for you.

