LAUGHING HEART
adventurous paths to a Good Life

AEGINA, GREECE · 22 – 29 MAY 2027

The Odyssey of Intent

A seven-day Greek island retreat.
Time to explore what comes next.

There are moments in life when the old answers stop being quite so convincing.

The Odyssey of Intent is a journey for people at one of those moments: seven days on Aegina to step away, look again and ask better questions. Afterwards, if you wish, there is an invitation to continue with **The Next Chapter**: small-group coaching to turn discovery into practice.



Not a five-year plan.
A clearer sense of what you want the next part of your life to be about.

Who's it for?

For accomplished professionals at an inflection point.

You may be contemplating a change, facing one you didn't choose, or simply wondering whether the life that got you here is the life you want to take forward.

You don't need to know what comes next. That's rather the point.

Who will be there?

Six participants (a deliberate number: small enough for everyone to be known, large enough to surprise you): founders, executives, partners, people between roles, people who have recently sold something or quietly lost interest in it. Different industries and countries, and one shared suspicion that the next chapter shouldn't simply be more of the last. No trust-falls, no drum circles, no motivational speaker. What's shared in the group stays in the group. We speak to everyone before they book, partly so you can decide whether it's for you, and partly because the group matters as much as the island.

PART ONE

The Island Odyssey

Seven days to step away from your life and see it differently.

A small group. A mountain villa. A Greek island. Seven days of coaching, philosophical inquiry, adventure, solitude, conversation, swimming, walking, eating and enough empty space for unexpected things to happen.

The journey moves from looking back to looking forward: from the identities and ambitions that have shaped you towards the possibilities that might shape what comes next.

DAY ONE

Arrival

Leaving ordinary life behind

Arrive on Aegina. Meet your fellow travellers. Settle into the villa. Slow down.

Our first conversations explore what has brought you here and what you hope might become clearer during the week.

Then dinner. Because some of life's more important conversations are better conducted around a table than a flipchart.

> THE QUESTION
>
> *Why am I here now?*

DAY TWO

Identity

The stories we tell about ourselves

Leader. Founder. Expert. Parent. Achiever. Person-who-knows-what-they're-doing.

We accumulate identities remarkably easily. Through coaching, conversation and reflection, we explore the identities that have shaped your life — and which you might be ready to hold a little more lightly.

> THE QUESTION
>
> *Who have I become — and who might I be without the job title?*

DAY THREE

Letting go

What no longer deserves to come with you?

Money. Status. Power. Pleasure. Human beings have been getting tangled up with these for rather a long time.

We explore what success has given you, what it has cost you, and what you may still be pursuing simply because you became rather good at pursuing it.

The aim isn't to renounce worldly possessions and live in a barrel. It is to decide what still deserves a place in your life.

> THE QUESTION
>
> *What am I ready to leave behind?*





Aegina: a place with enough beauty to distract you, and enough quiet to help you notice what the distraction was hiding.

DAY FOUR

Memento mori

The useful inconvenience of mortality

Time is finite. Most of us know this intellectually while arranging our diaries as though someone has quietly granted us an extension.

Today we look backwards as well as forwards: celebrating what deserves to be celebrated, acknowledging what has ended and considering what we would regret leaving unexplored.

> THE QUESTION
>
> *Knowing that time matters, what deserves mine?*

DAY FIVE

The blank page

What might be waiting to emerge?

Having loosened our grip on the past, we turn towards possibility.

What gives you energy? What creates curiosity? What have you quietly wanted to explore but never given yourself permission to take seriously?

No premature plans. No SMART objectives. No requirement to make your ideas respectable.

> THE QUESTION
>
> *What might I become curious enough to try?*

DAY SIX

The good life

From possibility to intent

The ancient Greeks called it *eudaimonia*: flourishing, or living well. We are more interested in your definition.

What would a genuinely Good Life look like now — not the version you inherited or once pursued, but one appropriate to the person you have become?

Possibilities begin to become intentions. Intentions become experiments.

> THE QUESTION
>
> *How do I want to live the next chapter?*

DAY SEVEN

The compass

Returning differently

The final day is about integration. You gather what you have discovered into a personal compass: the values, intentions and questions you want to carry home.

You choose a handful of experiments to begin once ordinary life resumes.

You probably won't leave knowing exactly what the next five years look like. You should have a much better idea which direction to walk.

THE QUESTION

What will I take home — and what will I actually try?

LIFE ON THE ISLAND

The work matters. So does everything around it.

The week is deliberately spacious. Coaching and philosophical inquiry sit alongside swimming, walking, local adventures, shared meals, solitude and long conversations that don't have to end because somebody has another meeting.

Mornings begin gently, with movement and breathwork to wake the body before the thinking starts.

Some adventures will be physical. Others intellectual, social or emotional. Aegina provides the backdrop: mountains, ancient olive groves, turquoise water, tavernas and sunsets that have been doing their thing rather successfully for several thousand years.

The common ingredient is curiosity.

PART TWO · OPTIONAL

The Next Chapter

An optional invitation to keep going.

Going to a Greek island and having profound thoughts is the relatively easy bit. Then you go home.

The diary fills up. Familiar expectations return. Good intentions encounter Monday morning.

The Next Chapter helps what you discovered on the island survive contact with real life, through monthly small-group coaching. It is optional, separate from the retreat, and we will talk about it, and the cost, afterwards.

Monthly triad sessions

Peer-to-peer conversations of 90 minutes, in a group of three, facilitated by Aaron, to support each person's journey and widen what's possible.

Your triad

If you'd like to continue, you are matched with two fellow participants at the end of the retreat, once we have seen how people connect.

Your Odyssey community

A private WhatsApp group keeps the conversations, provocations, discoveries and occasional encouragement going between sessions.

The Island Odyssey gives you the compass.
The Next Chapter is where you learn to use it.

THE PEOPLE

Your hosts

Aaron Quinn

LEADS THE WORK

Twenty years leading teams in global advertising, until he left at the peak of his career. He trained as a mindfulness-based executive coach and facilitator. Friends describe him as curious, loyal, direct and unexpectedly funny.

Manolis Fotiou

HOST

Part host, part provocateur, part keeper of the table. He will make sure you eat extraordinarily well, will probably make you laugh, and may ask the question you had been carefully avoiding.

Virginie Kleinclaus

HOST AND COACH

Twenty-five years in multinational marketing and branding before a different kind of education. She brings warmth, attentiveness and a quiet instinct for what people need.

PRACTICALITIES

The details

THE ODYSSEY OF INTENT

22 – 29 May 2027 · Seven nights · Aegina, Greece · Six participants (deliberately small)

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

Includes pre-retreat consultation and preparation, accommodation, breakfast, lunch, dinner and drinks, morning movement and breathwork, all excursions and activities (including some surprises) and one wellbeing massage treatment.

Afterwards: an optional invitation to continue with The Next Chapter, monthly small-group coaching with Aaron. It is discussed after the retreat and priced separately.

€4,500 shared room **€5,000** single room per person

Rooms: shared rooms are with another participant; single rooms are private. **Not included:** flights and transfers to and from Aegina. Departures are on the morning of 29 May.

ONE SMALL RECOMMENDATION

Leave as much of the digital world behind as you can. We won't confiscate your phone. But seven days without constantly discovering what everyone else thinks you should be doing can be surprisingly useful.

Ready for the Odyssey?

You don't need to arrive with the answer.

Just bring the questions — and a willingness to be surprised by your own answers.

To apply, get in touch at laughingheart.life/contact. We'll arrange a short conversation, and if it feels right on both sides, we'll send you a private link to reserve your place.