

Best Life Retreat at The Grove

FIRST WORKSHOP

Groups are sized between 8 and 20. Nina does not ask anything challenging or intimidating at all. Instead, the tasks revolve around thinking, writing and talking in small groups of 2 or 3.

Nothing is forced; conversations run naturally and it is as if you are talking amongst close friends but with more structure. No grand philosophies – just a chance to start thinking about making small changes and creating practical to-do lists.

SECOND WORKSHOP

After a relaxing break, a Sequoia Spa treatment and some gentle walks, everyone gathers for the second workshop the following day. This workshop is more concrete taking the passion from the first workshop and creating real goals that will motivate you to succeed in them.

With a stronger idea of your goals you continue to work in groups deciding if they are achievable. Group discussions will help to inspire confidence and motivation. Tasks will be set and you can work alone to understand how you are best motivated, and how to manage yourself best.

For both workshops Nina is ever present, gently providing a guiding hand and helpful insights that open up further possibilities and areas of reflection.



NINA
GRUNFELD

Nina Grunfeld is the author of *The Big Book of Me: Creating the life you want*, and *The Big Book of Us: Creating the relationship you want*, as well as *The Life Book: Laugh More, Love More, Play More, Earn More*.

*Terms & Conditions apply. Visit www.thegrove.co.uk for full details.

