

QUALITY OF MIND

A unique and transformational 3-day Executive Retreat, Hampshire UK

Facilitated by Martin Palethorpe and Rena Loizou


Would you like to:

- Operate in flow more easily more often
- Think more clearly, make better decisions
- Be more resilient, have peace of mind
- Connect better with all types of people
- Access greater creativity and innovation?



"THANKS SO MUCH. THIS RETREAT WAS FASCINATING, TRULY TRANSFORMATIONAL. I LOVED UNCOVERING SOMETHING SO PROFOUND, YET SO OBVIOUS."

CEO, Retail Sector



"THIS IS A FUNDAMENTAL MIND SHIFT IN THE WAY YOU SEE THE WORLD. IT SOUNDS LIKE HOCUS POCUS, BUT WHEN IT DAWNS ON YOU, IT MAKES A MASSIVE DIFFERENCE TO LIFE AND CAREER."

COO, Energy Sector

*"SEE YOUR
WORLD THROUGH
FRESH THINKING,
AND EVERYTHING
WILL CHANGE."*

IT HAS LONG BEEN ACKNOWLEDGED...

that the mind has a huge impact on people's success in sport, but in the business world this is largely an untapped area...until now.

There is a small band of pioneering business leaders who are realizing the power of understanding the human mind in order to access a more effortless and effective way of running a business and life.

Martin and Rena will help you gain access.

THIS 3-DAY IMMERSIVE EXPERIENCE...

is designed to transform how you think about your life and work; to cause breakthroughs in all areas.

We'll provide you a new understanding of how your mind actually works. As your understanding deepens, it will blow your mind (excuse the pun).

You'll develop a new awareness. You will see how thought works, where feelings comes from, the power of quality of mind, and how to access your deeper wisdom more often. Most importantly you'll see how to live a more successful, more connected life with more peace of mind.

THE FEE IS... £2,320 +VAT

We include an initial intake conversation, 3-day immersion including lunch, materials used and a follow-up conversation after four weeks.

THE LOGISTICS ARE...

This Retreat will be limited to a small group of executives who will attend from a range of different organisations. There will be a high facilitator-to-participant ratio, ensuring each participant gets exactly what he or she needs from the Retreat. The experience will be extremely high quality and personal.

The Retreat will be held at Avington Park, Hampshire.

VIDEO...

[Click here to hear Martin talking about the human mind.](#)
[Click here to hear a client testimonial.](#)

OUR FACILITATORS ARE...

Martin Palethorpe is a leading Executive Coach, Organisational Consultant and Founder of The Pragma Group. Over the last 16 years, he's worked with many CEOs and Boards, from small start-ups to the UK's and world's largest organisations. He's also an adventurer, having raced to the North Pole and run across three of the world's largest deserts.

Rena Loizou is an accomplished Executive Coach specialising in mindset transformation. She has 20 years experience in the retail sector, having held a number of senior positions and operated at board level, as well as working with retailers across the globe as a specialist retail consultant. Rena combines her longstanding passions for retail, the human mind and people, to enable organisations and individuals to create amazing results.

IF YOU'RE INTERESTED...

Please email suzannem@thepragmagroup.com or call **07802 434060** to set up an initial conversation.

www.thepragmagroup.com