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Women's Leadership Retreats

Oct 7-11 or Oct 21-25 | Umbria, Italy

*An ALCHEMY of inspiration, imagination, inquiry and insight to
help you define your path to purpose.*

Maybe you're already on the right path. Maybe you're looking for inspiration or a sense of community. Maybe you have an inkling of **what could be** in your life, and need the grace and space to explore.

In our Leadership Retreats, we bring women together to explore what's next. Our 5-day immersive experience will tap into your values, and leverage your innate wisdom to help you get clarity on your goals and ambitions.

Through guided exploration, powerful questions, and leveraging our Insights and Inquiry framework, we'll help you get clear on what matters most. Right now. And clarity on the steps to make it real.

Here's what we know:

Since our first immersion retreat in 2017, we've discovered that **each retreat is unique**. Because of the location. Because of the women who attend. Because of who and how you are, and the context of your life. We start on Monday afternoon, and wrap mid-day Friday. Throughout the week, we'll have small group work, facilitated discussions, and solo reflection time to outline your path to purpose.

Our goal is to **create a safe container for you** for a week. We ask you to come ready for Insight and Inquiry. Come for our daily yoga or meditation practice. No experience required! Come for meals prepared by our private chef. Come for curated excursions to enjoy the local color, history and culture.

This is all included in your immersion retreat – all you have to do is get to Italy in October.

We keep it as “all-inclusive” as possible: your beautiful private room and bath in the villa, cultural excursions, amazing meals (including local wines if you'd like) and thought-provoking work with your new community of women is covered. Covered! The feedback we receive about this all-inclusive approach ranges from “*surprising*” to “*refreshing*”.

Let someone take care of you for a change.

We searched the world for the most beautiful backdrop to hold our destination immersions and we believe we found it! What better place to renew and inspire than in the heart of Italy, a country whose history is richly woven with creativity, artistry, beauty and innovation.

From the time you register, **we've got you!**



Meet Lisa Mink and Kathleen Woodhouse:
*creators, founders, facilitators, and the architects
behind Nova Women's Leadership Retreats.*

We spent decades on the senior executive teams of Fortune 100 companies. At the time, we were successful, hard working, respected, and loved our teams and our companies - and found ourselves thoroughly depleted. We were so busy working and giving to others that we'd *lost sight of ourselves*. We were each seeking clarity on our path to purpose.

Now we work with accomplished leaders who know they're doing so much so well, and, at the same time, aren't 100% sure that the "right" way is *the right way for them*.

We often comment that our Immersions are just the experience that we wish we'd had available as we were making our way through the corporate world. We know the journey can be lonely, and we want women to have allies along the way.

You'll often hear us say: "We know you...because we ARE you."

That's the foundation for Nova Immersion Retreats: we want to give women the space to reflect, to explore, to dig deep, and to ensure that the life they're *living* is a life they're *loving*.

We're the classic opposites: Introvert / extrovert. Cat person / dog person. Kids / no kids. Coffee drinker / tea fan. As in life, it is our differences that make our work together extraordinary. And we share fundamental values that come through in our work, including a belief that every person can access her innate wisdom to create a life of meaning. By creating Nova Leadership and our Nova Destination Immersions, we found our path back to joy, to fun, and to freedom, grace and ease. We've discovered how to help other women bring their souls back to life...both in and outside of work.

Are you ready for your own Renaissance?



Meet Cindy Baudoin
"Our essential right hand"

When they met in graduate school, Kathleen and Cindy had an immediate connection. A shared love of travel and learning sparked a decades-long alliance. Cindy serves as the backbone of our Immersion Retreat Operations and makes sure that everything runs "smoothly" After a successful corporate career, Cindy is now a highly sought after consultant and executive coach. Her love of travel, and love of people, photography, good food, and beautiful scenery combine to make sure that each person has an exceptional Italian experience. Cindy lives in North Carolina, and when she's not globetrotting, you'll find her either in her garden or on the beach.

Five Day Retreat Schedule

Monday

2:00 - 4:00PM

Grounds and villa open for your arrival. Come in, get settled, rest from your travels. Light refreshments will be available.

4:00 - 8:00 PM

We begin to build our community Monday afternoon and evening, introducing ourselves to one another and to our beautiful surroundings. We'll frame the week, and give you insight into the journey ahead. In deference to our international travelers, this will be an early evening to prepare for the week. Following a chef-prepared dinner, we'll wrap by about 9PM to give everyone a good night's sleep.

Tuesday- Friday *All times are approximate!*

7:30 – 9:00AM

This is your time: you can work out, journal, sleep – whatever suits you and has you ready for the day

9:00 – 9:30 AM

Each day, we'll have a healthy and light breakfast, including plenty of robust Italian coffee, and other morning beverages

9:30 – 12:30PM

Our morning session each day begins with a mind-body connection aligned to our focus for the day. Each day will bring new insights, and will build on prior content. We'll spend our mornings challenging your thinking, providing new frameworks and opening possibilities. Group and individual work fosters clarity and insight into what's most important and relevant for you.

12:30 – 6:00PM

Each of our full days together has three components: learning with a connection to our surroundings, a hands-on experience to expand our thinking, creativity and boundaries, and, of course, fabulous Italian meals. Our Tuesday – Thursday excursions may include any of the following:

- A guided walking tour of the hilltop towns of Italy
- A museum visit with a local art guide
- A hands-on cooking class with a resident chef
- A visit to centuries-old olive groves and vineyards including wine and olive oil tasting

Please note that we do a LOT of walking throughout the week. And often on cobblestone streets or up and down picturesque (and uneven!) steps. Your physical fitness and comfort are important to us, so please plan accordingly.

6:00 – 8:00PM

Free time. Our time together will be rich, and we want to ensure that you have time to review, reflect, or renew. Of course, you can always use this time to connect with your villa-mates, or to send postcards home. Or take a walk. Or maybe a nap? It's your time. You decide.

8:00 – 10:00PM

We'll dine like the Italians: later in the evening, in community, and with carafes of wine and sparkling water at the ready. Italians are known for amazing food, and the tradition of breaking bread together is an important component of our Nova retreats. We believe in fostering community and unstructured conversation over dinner. We'll review the day, make connections to our personal and professional insights, and have a sneak peek of what's still to come in our collective journey.

A note about Friday: On Friday, our morning schedule will look roughly the same as the rest of the week, and we'll spend time making sure you're equipped to move forward. Leveraging the insight, knowledge, and the power of the community you've created throughout the week, you'll define a plan to move from Insight to Action. With ample time to salute your journey, we'll wrap the day by 3PM.

The Week at a Glance

- **Tuesday's** work is around getting you settled for the week: a look back to look forward, and insight into what's true for you – right now.
- **Wednesday**, we'll look at dreams and possibilities: an exploration of what could be: becoming the architect of your path to purpose.
- On **Thursday**, we go deeper into our journey, and look at the allies and dragons you may encounter along the way.
- **Friday** morning is all about equipping you to take your learning back: what's changed, and how to move forward with ease and grace.

Optional: A Friday Night Sleepover

Because many international flights depart in the early morning or mid-day, please savor your time in the villa one more night, if you'd like. If you choose to depart Saturday morning, an unstructured Friday afternoon and evening could be a relaxing end to your visit.

While our formal programming wraps Friday at 3PM, you're more than welcome to stay Friday night at no additional cost. Depending on the number of people staying, we can also coordinate plans for dinner Friday evening.

Alternatively, if you're off to enjoy more of what this beautiful country has to offer, please plan your Friday travel so that you're able to stay with us through our 3PM close. We can facilitate your return trip to the airport or to the train station on Friday afternoon or Saturday morning, and these transfer fees are included in your registration fees. Please note that Saturday departures should be complete by 10AM local time.

Retreat Investment: \$11,750 USD

Retreat fees include: Pretty much everything! We keep our retreats as all-inclusive as possible. This includes your transfers to and from the airport or train station, your own private room and en-suite bathroom in an amazing villa, meals and snacks on site from our local chef, restaurant dining per our itinerary, plus the entrance fees and excursions that allow us to enjoy the beauty and wonder of Umbria.

You cover: Airfare, and any spending money for shopping and incidentals – *that's it!*

Payment Schedule: A \$1000 USD non-refundable deposit is due at time of registration. Full payment is required within 60 days of registration, and not later than August 1, 2024.

Refund/Cancellations: We know that life happens, and if you're unable to attend your Nova Immersion, your payment can be redirected to another Immersion assuming that: (a) we have space in a later date and (b) we're able to fill the spot you've cancelled. Nova Leadership strongly recommends that you purchase travel protection and trip cancellation insurance if not already covered via your organization or purchasing credit card.

To Register: <https://www.novaleadership.com/womens-leadership-retreats>

