

THE VORNICA SIGNATURE CAREER AND LEADERSHIP ACCELERATION RETREAT:

LIFE-WORK INTEGRATION

MADEIRA, FEBRUARY 9th – 16th, 2023

DETAILED PROGRAM:

THURSDAY, FEBRUARY 9th:

- 12.00 – 17.00: Check in.
- 17.00 – 20.00: Career and leadership acceleration retreat launch. *Executive development – part 1*. Warm welcome – principles, encouragements and recommendations. Mutual introduction. Mindful presence - grounding exercise. Somatic exercise: Life-work integration.
- 20.00 – 21.30: Group dinner.

FRIDAY, FEBRUARY 10th:

- 8.00 – 9.00: Morning warm-up exercise.
- 9.15 – 10.15: Group breakfast.
- 10.30 – 13.30: *Executive development – part 2*. Our energy management system. Personal energy audit. Our physical energy – exercises and self-reflection. How to integrate and leverage our cyclicity in our work and leadership.
- 13.30 – 15.00: Lunch break



- **15.00 – 19.00: *Executive development – part 3.*** Our emotional energy. Our main emotional drainers and their management. The drama and the empowerment triangle. Healthy boundaries at work and at home.
- **20.00 – 21.30:** Group dinner.

SATURDAY, FEBRUARY 11th:

- **8.00 – 9.00:** Morning warm-up exercise.
- **9.15 – 10.15:** Group breakfast.
- **10.30 – 13.30: *Executive development – part 4.*** How to use emotions for life-work integration. Mastering negative emotions. Our sources of joy in life and at work.
- **14.00 – 14.30:** Transport Funchal
- **14.30 – 22.00:** *Group lunch, city discovery, tailor-made experiences and group dinner. Return to Quinta Splendida.*

SUNDAY, FEBRUARY 12th:

- **8.00 – 9.00:** Morning warm-up exercise.
- **9.15 – 10.15:** Group breakfast.
- **10.30 – 13.30: *Executive development – part 5.*** Our mental energy. What is draining our brains. Multitasking and its impact on our brains. How to shift our habits and focus on what really matters at work and in life.
- **13.30 – 16.30:** Lunch break and time off.

- **16.30 – 19.30: *Executive development – part 6.*** Deep work – how to create blocks of time for deep focus. Simplification – at work and at home. Quality smart asynchronous communication for a better life-work integration.
- **20.00 – 21.30:** Group dinner.

MONDAY, FEBRUARY 13th:

- **8.00 – 9.00:** Group breakfast.
- **9.00 – 15.00:** *Adventurous self-discovery / tailor-made group experience.*
- **16.30 – 19.30: *Executive development – part 7.*** How to bring life-work integration into my daily life and into the life of my team and organization.
- **20.00 – 21.30:** Group dinner.

TUESDAY, FEBRUARY 14th:

- **8.00 – 9.00:** *Morning warm-up exercise.*
- **9.15 – 10.15:** Group breakfast.
- **10.30 – 13.30: *Executive development – part 8.*** Our spiritual energy. Purpose: how to create more purpose, experience more purpose and drive more purpose at home and at work. My vision for the future: concrete steps for career and leadership growth.
- **13.30 – 15.00:** Lunch break and time off.
- **15.00 – 19.00: *Executive development – part 9.*** My values. Core versus desired values. How to work with values for real, authentic career and leadership growth. Value-driven feminine leadership.
- **20.00 – 21.30:** Group dinner.



WEDNESDAY, FEBRUARY 15th:

- **8.00 – 9.00:** Group breakfast.
- **9.00 – 15.00:** *Adventurous self-discovery / tailor-made group experience.*
- **16.30 – 19.30: *Executive development – part 10.*** My goals: short, mid and long term. My resources: what I need to thrive at work and in life short, mid and long term. Skills and competencies needed to thrive in the future. My current options and opportunities. My plan – what exactly I will do and by when.
- **20.00 – 21.30:** Group dinner.

THURSDAY, FEBRUARY 16th:

- **8.00 – 9.00:** Group breakfast.
- **9.30 – 12.30: *Executive development – part 11.*** Program round-up. Our individual career & leadership acceleration goals and plan presentation. Commitment for future growth as an individual and as a leader. Circle sharing, round up and good bye.
- **12.30 – 14.00:** Testimonials and official good byes.