



WOMEN WHO LEAD

**Re-evaluating career decisions?
Starting new projects or businesses?
Stepping up to a new level of leadership?**

Women who Lead will provide space to reflect, learn and discover the next step in your professional journey. Designed by Natalie Turner, CEO of The Entheo Network and Director of Women who Lead, the Retreat is a highly interactive, peer to peer learning space which offers professional and personal development for women in positions of management or leadership in small businesses, the corporate world or public sector.

The intent of **Women who Lead** is to create time and space for women to engage deeply and creatively around relevant issues, both professional and personal. The goal is that the experience will be transformative in nature both for the individual and the group. Our belief is that to lead with power and influence, not to mention a deep sense of integrity and authenticity, we need to have a strong sense of self, be able to tune into our bodies and learn how to listen to and trust our intuition.

Women who Lead is designed so that you can work on current or new project ideas and/or challenges about how you want to develop your career in the future. As well as drawing from the collective intelligence of other participants, you will make new connections and build strong relationships that will be of benefit to your personal and professional lives. The two day Retreat

is designed around a fusion of facilitated conversations, creative interaction about the theories of leadership, change and innovation. We will also build practices for emotional and personal wellbeing, including two ESPA spa treatments and the use of their facilities, and time for formal and informal networking.

[Hosted at ESPA at Resorts World Sentosa](http://www.rwsentosa.com/Homepage/HotelsAndSpa/ESPA), (<http://www.rwsentosa.com/Homepage/HotelsAndSpa/ESPA>) a brand committed to health, spiritual nourishment and wellness, we have purposefully designed the Retreat to cultivate time for reflection in a small oasis in the heart of Singapore. Offering both a residential weekend with an overnight stay in the luxurious Equarius Hotel, or a non-residential option for those unable to stay overnight. The Retreat will provide a calm oasis away from the hustle and bustle of city life.

Session Overview

Saturday

9:30 – 10:00

Welcome drinks and refreshments

Morning Sessions 10 – 1pm



ESPA Vitality Pool Copyright ©2016 ESPA at Resorts World™ Sentosa. All Rights Reserved.

Understanding Change To have a clear sense of where you are right now in your life and a reflection on what has shaped your professional decisions.

Creating from the Future Backwards To introduce the concept of the 'Future Self' and how it can stimulate new ideas for giving clarity on where you may want to go next. Fresh insights into self and the awakening of new ideas, dreams and desires.

1pm – 3pm

Lunch

Journaling and Reflection Space
Use of the ESPA facilities.

Afternoon Session 3pm – 6pm

Creative Visioning The creation of cover stories of your future self. To start to see a picture of what the future could be like and what this might mean for your next career move or life decision. Journaling and reflection to consolidate the day's learning and insights.

6:30pm – 8pm



ESPA Hammam Water Treatment Copyright ©2016 ESPA at Resorts World™ Sentosa. All Rights Reserved.

Spa Treatments and Relaxation

One 60 minute treatment at the ESPA Spa
Reflection and use of the ESPA facilities.

8:30-10pm

Evening Meal

The evening meal will provide space and time for informal networking and relaxing at ESPA's in-house restaurant Tangerine.

Overnight guests will retire to the Equarius Hotel.



Sunday

9:30-10:00

Welcome and Refreshments

Morning Session 10:00am to 1:00pm

Designing from the Future Backwards To explore why we often fail in getting the traction we need to make ideas happen. To think through the capacities, skills or structures that can actually help us move towards the future. Generative action planning.

Leading with Style To explore leadership styles and preferences and the importance of emotional intelligence in growing our leadership ability. Application of The Six 'I's of Innovation®, a framework that will help you to think through next steps to bring projects or business ideas to life.

1:00 – 3:30

Lunch and SPA Treatment

Journaling and Reflection Space
45 minute treatment at the ESPA Spa.

Afternoon Session 3:30 – 6:00

Creating a Support System To introduce practices that can help you to live a more grounded and balanced life so that you can lead from a place of strength. In this session you will learn how to create a support system that can enable you to operate at your very best. To explore areas such as health, fitness, nutrition, mindfulness and self-care as potential supports.

You will also be provided with a Nutrition Information Pack developed by an accredited nutritionist, (Karen Aroney BA Psy, ANutr, ANS), specialising in nutrition and wellness for time-poor professionals who travel excessively, work long hours, and do not have fixed routines. This will also include access to resources that will help you to make healthy nutrition sustainable, improve energy, develop healthy habits, and gain education and awareness of how to eat a range of foods without any diet fads, restriction or deprivation.

We will also spend time reflecting and journaling to consolidate learnings and explore next steps in your leadership journey.

* We reserve the right to amend content and timings.

Equarius Hotel



Deluxe Room, Equarius Hotel™

For those staying overnight, accommodation is provided at the luxurious Equarius Hotel situated next to the ESPA Retreat facility.

An option for a single or shared room is [available](#).

<http://www.rwsentosa.com/Homepage/HotelsAndSpa/EquariusHotel>

**To ensure Retreat intimacy numbers are limited.
To reserve your place contact Women who Lead:**

I am interested

Retreat Pricing

Retreat and Single occupancy at the Equarius Hotel	SGD\$2,450
Retreat and double/shared occupancy (twin beds) at the Equarius Hotel	SGD\$2,150
Retreat only	SGD\$1,850

Rates include

For all Guests

- Facilitation and hosting of retreat
- Pre-work innovation questionnaire
- Zen Studio at ESPA and refreshments
- Aromatherapy blend
- Welcome drinks
- Refreshment – tea, premium water, nuts and dry fruits
- Saturday night dinner
- Saturday and Sunday lunch at the Tangerine at ESPA with a choice of lemongrass or bael fruit tea
- Complimentary use of gym and ESPA facilities (hydrotherapy, sleep zone, tea and relaxation lounge)
- Two spa treatments, one 60 minute and one 45 minute treatment.

For Residential Guests only

Costs also include:

- Saturday night accommodation in at [the Equarius Hotel](http://www.rwsentosa.com/Homepage/HotelsAndSpa/EquariusHotel)
<http://www.rwsentosa.com/Homepage/HotelsAndSpa/EquariusHotel>
- Sunday breakfast
- Check in time 3pm, check out time 11:00am
- Rates are inclusive of GST and Service Charge.



Rates exclude:

- Transportation to Singapore/Sentosa island
- Alcoholic beverages
- Any miscellaneous charges will need to be individually settled upon completion of the Retreat.

Additional Services:

- Special rates are offered by the Equarius Hotel for additional nights. Please advise Women who Lead if you would like to lengthen your stay.

I am interested

Your Host

Natalie Turner is an experienced innovation and leadership development specialist. As the Founder and CEO of The Entheo Network www.entheo.com, she has worked for and consulted with some of the world's leading organisations including DBS, LEO Pharma Asia, Kellogg's, Singapore Airlines and CISCO Systems, helping them build innovation systems, culture and capabilities as well as generating new ideas to help them grow their teams and businesses. Natalie is also an international speaker on innovation, entrepreneurship and leadership and an experienced business facilitator, trainer and motivational speaker.

Passionate about health and vitality, Natalie is also the Founder of Energise Life, a lifestyle brand www.energiselife.com and jeunesseglobal.com that builds awareness of the science of health and aging through the promotion of innovative products from Jeunesse Global, the fastest growing direct sales company in the world. Natalie has three degrees; a BA Hons in Politics & Legislative studies, an MSc in Economics and Social Psychology and an MBA. She is also a Master Practitioner in Group Dynamics and Non-Verbal Communication. Natalie is a UK National that now lives in Malaysia and works in Singapore, across Asia and in Europe.

