



EXCLUSIVE INVITATION TO

NextGen Leaders Wellness Retreat 2024

WHEN YOU PUT YOURSELF FIRST BEFORE
YOUR FAMILY AND BUSINESS

3 DAYS 2 NIGHTS
29 - 31 MAR 2024

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PHUKET, THAILAND

A weekend with Asia's NextGen Leaders sharing and
learning how we all can seek deeper and discover our own
purpose and roles in the family, business and society.
A weekend that focus on yourself.

www.innovatifplus.com

Key Agenda Topics:

As we step into a brand new year, we invite you to embark on a journey of self-discovery and growth at our upcoming Wellness Retreat in the serene paradise of Phuket. This retreat is designed to kickstart the year by helping you delve deeper into understanding yourselves, unblocking old patterns and traumas, and equipping you to connect more authentically with your inner selves, as well as manifesting your desires both in life and in business.

LEADERSHIP STYLE:

Explore and refine your unique leadership style, allowing you to lead with authenticity and inspire those around you.

KNOWING INNATE SELF:

Dive deep into self-awareness and uncover your innate qualities, strengths, and values that drive your actions and decisions.

REMOVING EMOTIONAL AND MENTAL BLOCKAGES:

Learn practical techniques and strategies to identify, address, and release emotional and mental blockages that may be hindering your personal and professional growth.

WHY ATTEND:

- **Gain Clarity:** Gain a clearer understanding of your purpose, strengths, and vision for the future.
- **Emotional Freedom:** Break free from emotional and mental barriers that have held you back.
- **Connection:** Forge meaningful connections with like-minded leaders on a similar journey.

Join us in Phuket for this transformative retreat, where you'll return with a renewed sense of self, a deeper connection to your innate leadership abilities, and the tools to unlock your full potential.

Key Activities



ENGAGING WORKSHOPS:

Interactive sessions led by experienced facilitators, providing insights and tools for personal transformation.

MINDFULNESS PRACTICES:

Daily meditation, yoga, and mindfulness exercises to center and rejuvenate your mind and body.

ONE-ON-ONE COACHING:

Individual coaching sessions tailored to your specific needs and goals.

SOUND BATH EXPERIENCE:

Immerse yourself in the soothing and healing vibrations of a rejuvenating sound bath, designed to relax your mind, reduce stress, and promote inner harmony.

NATURE RETREAT:

Connect with the beauty of Phuket's natural surroundings through relaxation by the beach.