

Our three-day programs encompass four key elements:



Our three-day programs encompass four key elements: training, coaching, self-reflection, and intevention. These components are designed to deliver a comprehensive and impactful experience, tailored to the unique needs of each participant. The effects of this approach will help you to develop new insights, achieve personal growth, a feeling of well-being and the creation of a new network of like-minded professionals.

Space, privacy and safety

Set in the serene natural environment of the Alentejo region in Portugal, our programs take place within the surroundings of a private estate spanning 9 hectares. This exclusive setting ensures privacy and enhances social safety, allowing participants to fully immerse themselves in a transformative journey.

Nourishment, healthy mind in a healthy body

Participants not only engage in enriching workshops and coaching sessions but also indulge in the pleasure of nourishing meals. Our programs feature tasty, healthy, homemade meals that cater to various dietary preferences, complementing the overall well-being of the participants.

Activities

In addition to the intellectual and emotional growth, we understand the importance of physical well-being. That's why we offer a range of invigorating activities to complement the program. From guided walks amidst nature's beauty to energizing kickboxing sessions, from rejuvenating yoga practices to the joy of dancing, participants have the opportunity to engage in physical activities that promote vitality and balance.

Holistic approach

By integrating these four elements within the captivating surroundings of the Alentejo, our programs create a holistic experience. Participants have the estate's entire 9-hectare space to themselves, ensuring a tranquil and secure environment. The combination of tailored coaching, self-reflection, intevention, and the embrace of nature's serenity fosters personal growth, nourishes the body and mind, and cultivates a strong sense of community among like-minded professionals.