

# FREE YOURSELF FROM BURNOUT

4th - 8th July, 2022

19th - 22nd September 2022



**A UNIQUE 5 DAY  
EXPERIENCE  
COMBINING IMMERSION  
IN NATURE WITH  
GUIDANCE FROM  
HEALTH EXPERTS TO  
HELP YOU CARVE YOUR  
WAY BACK TO  
WELLNESS**

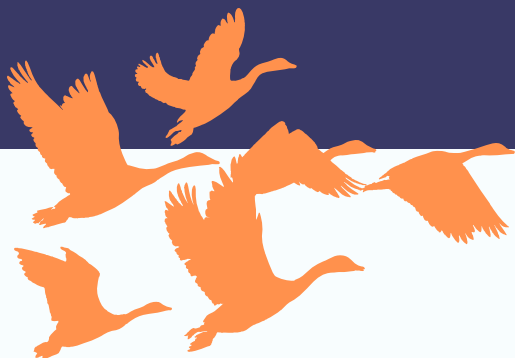
## Getting back to wellness

### How it works

Spa weekends, health retreats, yoga sessions - these all address the symptoms of your burnout. But more often than not, they don't actually do anything to address the *causes* of burnout and you find yourself back in the same exhausting cycle over and over again.

Our five day experience is different. We provide the time and space for you to explore the triggers of your burnout and help you develop strategies to free yourself from this repetitive negative cycle. You'll work with health experts who have coached professionals in the medical, legal and consulting sectors to focus on your journey back to wellness.

We use nature and the outdoors as a way to help you step back from your everyday stresses and gain a new perspective on your life. You'll have the opportunity to challenge yourself, learn new skills, and find a deeper, more meaningful connection to the world around you.



# Accommodation

## Luxury eco glamping

You'll be staying in one of our wonderfully cosy bell tents complete with real beds, carpets, blankets, and gorgeously thick duvets, plus a log burning stove should the evening turn a little chilly. Each tent has its own beautiful covered kitchen cabin, a wooden sundeck, a campfire circle and its own composting toilet. You'll get your own hammock and there is an impressive collection of books for you to get stuck into. There are hot showers and even an Iron Age hill fort for you to explore and enjoy the panoramic views over the Welsh mountains.

## The programme

### DAY ONE - EXPLORE

- **Understanding burnout** - and how it creeps up
- **Woodland immersion** - introduction to forest bathing
- **Evening yoga** - finding relaxation and inner focus

### DAY TWO - REFLECT

- **Origins of burnout** - understanding triggers & success stories
- **Stand up paddle boarding** - finding your balance on water
- **Local storyteller** - lose yourself in Welsh myths and legends

### DDAY THREE - NOURISH

- **Nourishing mind & body** - how nutrition relates to burnout
- **Foraging** - finding, preparing and cooking wild foods
- **Wild Tasting** - try different wild foods and drinks

### DAY FOUR - RELEASE

- **Coping mechanisms** - what has been proven to work
- **Wild swimming** - experience the benefits of cold water
- **Axe Throwing** - the perfect way to release tension!

### DAY FIVE - FOCUS

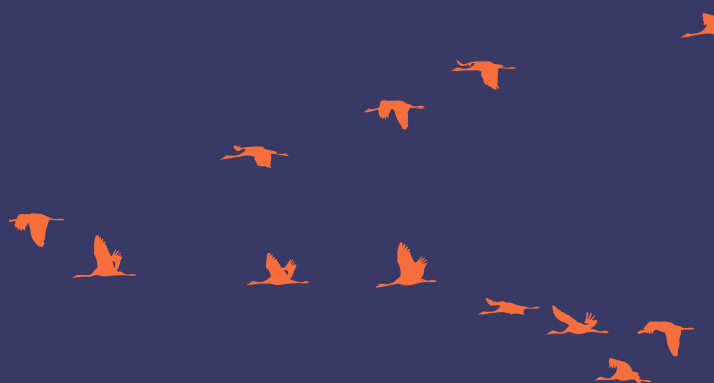
- **Future focus** - changing your behaviours for the long term
- **Woodland session** - playing back the week in the woods
- **Wrap up and close** - preparing for our journeys ahead

Morning sessions run from 10-12 noon with lunch at 12.30pm.

Afternoon sessions run from 2-4pm with dinner at 6.30pm.

Evening sessions start at 8pm and run for around an hour.

*All sessions are optional to allow you to prioritise your rest and recovery.*



# Food

## Delicious, local and wholesome

Getting the right nutrition is a big part of your journey to wellness. Which is why we place huge importance on carefully preparing all your meals for you using local, healthy ingredients, many of which are grown at The Forge. You can expect nourishing bowls of soups, tagines and stews, wood-fired pizzas and a fine array of freshly baked cakes, plus lots of fresh fruit & veg to fuel your recovery.

# Your hosts

## Sonia and Sheena

**Dr Sonia Hutton-Taylor** began her medical career as an ophthalmologist but soon diverted into a unique and independent direction - at the junction of career guidance, occupational health and medical education. In 1990 she established an independent medical career support service for doctors ... the first of its kind - a highly specialised form of coaching before coaching was the buzz word it is today.

**Sheena Corry** spent 20 years working in Management Consulting specialising in Behavioural Change Management and Diversity and Inclusion before setting up The Forge. She is passionate about helping others discover the benefits of nature immersion and is a keen wild swimmer and trail runner. She brings a unique perspective having experienced burnout from working in the City herself, and since found her own path to balancing her career, young family and personal wellness.

You'll also get to meet a lovely bunch of experts in each of our afternoon activities.

# Pricing & booking

## Early bird special offers

**£1400pp** in a private bell tent, or **£1200pp** if you book before 31 March, 2022

**£1200pp** in a shared bell tent with one other person, or **£1000pp** if you book before 31 March, 2022

*Price includes all food, accommodation, activities, learning sessions and kit.*

**Book online at [theforgecorwen.co.uk](http://theforgecorwen.co.uk)  
or call 07766 230042**