



# THE SIMPLE ART OF YOU

Retreat at the Coll Hotel  
Winter 2024/2025

# THE SIMPLE ART OF YOU

The most important question you can ask in life is 'who am I'?  
When you find the answer, you find the freedom to be your true  
self, creating a future you truly desire.

Our three day retreat is held at the Coll Hotel, on the Isle of Coll  
in the Inner Hebrides. With remote beaches and big skies it is  
the perfect place to reflect, reimagine and step into a newly  
defined future.

During our time together, you will learn about your needs as a  
unique individual and the behaviours you adopt to meet them,  
you will re-define your values, understand what makes you, you.  
You will discover what holds you back, ignite the beliefs that  
propel you forward and create a new vision for your future.

Discovering 'you', creates your true tomorrow.

Ultimately this is 'time out' for you to get to know you again.

Our retreat programme is facilitated by Jane MacDowall and the  
team at the Coll Hotel.

We are running two individual retreats at the end of this year  
and the start of next.

OCT 2024

Saturday 26th departing Monday 28th

FEB 2025

Saturday 1st departing Monday 3rd

# WHAT WE WILL COVER

## **'WHAT I NEED'**

### Session One

We will uncover our 6 fundamental needs as human beings, the ones we prioritise as individuals, and the positive and negative behaviours we adopt to meet them. At the end of our session together, you will have a greater understanding of what is most important to you, and also create change in your life to fulfil those needs in a positive and meaningful way.

## **'MY LIFE VALUES'**

### Session Two

We will uncover what we truly value in life and what needs to change in our individual world to ensure the decisions we make are aligned with them. At the end of our session together, you will have your unique compass for life which will help you make decisions, in line with who you truly are.

## **'BELIEF SYSTEM'**

### Session Three

We will uncover the beliefs you carry within you. We will focus on the beliefs that limit you and the ones that propel you forward. At the end of our session together, you will be empowered to be the truest version of you, having let go of the beliefs that limit you and instead set free to grasp hold of the believes that will realise your fullest potential.

# INTINERY

Please note, that although we do have a schedule throughout the weekend, we allow the retreat to determine its own pace and therefore times may vary.

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## **SAT**

**10.30am**

Welcome Reception at the Coll Hotel

## **Session One**

**11.30 - 1pm**

6 Human Needs Part One

## **Break for light lunch**

**2.30pm - 3.30pm**

6 Human Needs

## **Free time**

**6pm**

Reflection at Arrol House around the fire with pre-dinner drinks and canapés

**8pm**

Three course meal at Coll Hotel

## **SUNDAY**

Breakfast served from 8.30 until 9.30am at the Coll Hotel

### **10.30am Session Two**

Your Values

### **Break for light lunch**

### **2pm Session Three**

Limiting & Empowering Beliefs

### **3.30pm Free time**

### **6pm**

Reflection at Arrol House around the fire with  
pre-dinner drinks and canapés

8pm three course meal at Coll Hotel

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## **MONDAY**

Breakfast served from 8.30 until 9.30am

10am

'Create Change'

Highlights from our weekend together

Depart for ferry

## DATES

### OCT 2024

Saturday 26th departing Monday 28th

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## PRICE

The following prices include 2 night stay at the Coll hotel with breakfast, light lunch and dinner, Art of You workshop, course book, plus Prosecco and canapés during reflection time at Arrol House.

*All other drinks are not included.*

### Price Band One

Tradition room single occupancy

**£620**

### Price Band Two

Premium room single occupancy

**£670**

### Price Band Three

Premium room course double occupancy

**£1040 (£520 per person)**

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**£1040 (£520 per person)**

## ABOUT ME

"For over 30 years, I owned a creative agency based in the UK and Minneapolis, creating and building brands.

I followed the agenda of others, making the corporate world of brands look amazing only to realise the architect of my life was not me.

I had fallen into the trap of being a 'human doing' rather than a 'human being' so I stepped out!

Those years taught me that no matter what identity we create, or what story we tell, nothing is as important as walking in the truth of who we truly are and what we want out of this, our one and only life.

I believe every individual is a unique brand with the power to positively impact their world and the world of others.

My focus now is to help individuals live an authentic life, moving beyond their limiting beliefs, awaking them to new possibilities and empowering them to realise their full potential"

*Jane is a certified Interventions Coach, trained at Robbins-Madanes US, training under Tony Robbins, Cloe Madanes, Mark and Magali Peysha and has been a COSCA trained counsellor for over 17 years.*



## TO REGISTER

If you'd like to attend one of our winter retreats  
please email [info@collhotel.com](mailto:info@collhotel.com)

Or call us at 01879 230334