

The background image is a landscape photograph. The sky is filled with heavy, dark, brownish-grey clouds, suggesting an approaching storm or late afternoon light. The middle ground shows a dark blue-grey sea with a white wake from a ship. The ship is a large, dark-hulled vessel with a white superstructure, moving from left to right. The foreground consists of a rocky, grassy shore with sparse, dry-looking vegetation in shades of brown and green. The overall mood is atmospheric and somewhat somber.

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.

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



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

FEB 2025

Saturday 1st departing Monday 3rd



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

Traditional room single occupancy

£620

Price Band Two

Premium room single occupancy

£670

Price Band Three

Premium room double occupancy

£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"

janemacdowall.com

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

Or call us at 01879 230334