



**18<sup>th</sup>-23<sup>rd</sup> September 2018: Sauternes, France**

**What is it?** *Ever have the sense that while life gets busier it just feels emptier?*

**The Happiness Retreat** aims to give you a proper break to reflect and renew – think “Champneys with meaning”. As you relax in your calming surroundings, we will ease you out of the day-to-day stressors of modern life and into what really matters. You living each day to the full, feeling good and functioning well. In one word – flourishing.

Based on the science of positive psychology; we’re here to help you take hold of the steering wheel and live your best life with a sense of meaning and purpose.

We offer you activities, workshops and ideas that will help you discover what makes your life worth living. A retreat to feed mind, body and spirit. All in the comfort of a boutique hotel.

**Who is it for?** This is for you if you are:

Feeling stressed or maybe a bit lost and wondering if this is all there is to life. If you’re consumed by work and time off is merely a pause in the never-ending treadmill, you may need something different.

**What you’ll get**

- Scientifically grounded tools to improve your wellbeing
- A meaningful break from the day-to-day
- Quality input from experienced facilitators, balanced with your own reflection time
- Insight into the authentic you and what really makes you happy
- Deep conversation around what gives life meaning
- A stronger sense of direction and purpose
- New, positive habits
- A digital detox

**What happens:** Over the course of 5 days you can experience as many of the following workshops as you would like to with our in-depth retreat programme:

- **Introduction to happiness** – what does the science say and what does it mean for you
- **Exploring emotions** – what’s your emotional landscape and how can it become more helpful for you
- **You at your best** – what are your strengths and how can you apply them
- **Positive relationships** – which connections can you cherish and strengthen

- **Silver linings** – how can you build resilience when you need it most
- **Building positive habits** – the small things that make the biggest difference: optimism, gratitude and savouring
- **What matters to me** – a focus on meaning and purpose, what’s your legacy
- **A positive future** – setting goals for your best possible self to go forward
- *(Optional) – savouring practice with a local wine tasting tour!*

### Who are your facilitators? Two of the UK’s leading positive psychologists

Miriam Akhtar	Jen Rolfe
<p>Miriam is a contributor to the World Book of Happiness and is the author of Positive Psychology for Overcoming Depression. She is a featured expert in new Psychologies book Real Calm. Described as ‘one of 100 names you need to know in health &amp; well-being’ by Top Santé, she was a stressed-out TV producer before retraining as a coach and positive psychologist. Now she delivers happiness workshops and develops wellbeing programmes which range from Positive Youth to Positive Ageing.</p> <p>Miriam has an MSc in Applied Positive Psychology (MAPP) and is a visiting lecturer on the Executive MAPP at the University of Lisbon. She delivers resilience training in the NHS. With a creative background her clients include the BBC – her former employer and fashion designer Stella McCartney.</p>	<p>Optimism and positivity didn’t always come naturally to Jen - it’s something she’s practiced and studied over many years, which is testament to how positive psychology can be embraced by anyone and truly integrated into all aspects of life. Positive Psychology isn’t just the foundation of her business, but the basis of her relationships, approach to adversity and general attitude towards life. Her positivity is contagious and she’s passionate about sharing it. Jen has been a facilitator and coach for over 10 years in the corporate world with clients spanning from Sweaty Betty to Taylor Wimpey.</p> <p>Jen holds an MSc in Applied Positive Psychology (UEL), an MA in Natural Sciences; Psychology (Cambridge) and is accredited in the use of various strengths profiling tools, MBTI and Transactional Analysis.</p>

### Venue and costs

- The retreat this year will run in a lovely French boutique hotel: [Hotel Le 23 Sauternes](#) which is approximately a 45-minute drive from Bordeaux airport.
- The dates and times are: 4pm Tuesday 18<sup>th</sup> September until 11am Sunday 23<sup>rd</sup> September.
- Residential cost (full board and transfers from Bordeaux airport\*): £895pp
- Non-residential cost (all workshops and lunch): £495pp
- LIMITED PLACES AVAILABLE so get in touch today for our booking form

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*\*subject to arrival times*