A logo with a dna strand

Description automatically generated with medium confidence **UNLOCK YOUR DNA A logo with a dna strand

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Unleash your full potential by unlocking your DNA at one of our monthly workshops. These sessions are designed to empower you to discover and align your Purpose, Passion, Potential, and Performance, providing you with the tools to thrive in every aspect of your life. This engaging and interactive experience is built on the Discover, Navigate, and Align (DNA) framework, guiding you through a transformative journey of self-exploration, strategic planning, and actionable alignment with your authentic self.

In this workshop, you'll gain practical tools and insights to:

* Discover your core strengths, passions, and unique blueprint to help you understand how to leverage your natural abilities in life and work.
* Navigate through challenges and opportunities with a clear action plan, setting achievable goals and building resilience along the way.
* Align your daily actions, choices, and environment with your true self, leading to lasting fulfilment, satisfaction, and personal growth.

You'll leave with a personalized action plan, strategies for continuous improvement, and newfound clarity on how to live and work in flow with your authentic self. Whether you're looking to enhance your career, personal life, or overall well-being, this workshop will help you unlock the key to optimizing your 4P's—your path to true fulfilment and peak performance.

Get in contact if you answer ‘YES’ to one or more of the following.

* Are you looking for deeper self-awareness and personal growth?
* Feeling unfulfilled in your career or considering a change?
* Need guidance on choosing the right career path?
* Navigating a life transition and seeking clarity?
* Are you a coach or mentor wanting better tools for your clients?
* Do you want to align your business with your personal values?
* Seeking more fulfilment and purpose in your life?

Get ready to discover, navigate, and align your best self!

**WHO CAN BENEFIT?** A logo with a dna strand

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* **Individuals Seeking Personal Growth**: Those on a journey of self-discovery and personal development can gain deeper insights into their strengths, weaknesses, and life purpose, enabling them to live more authentically and make informed decisions about their future.
* **Professionals Looking for Career Alignment:** Professionals who feel unfulfilled in their current career or are considering a career change can align their choices with their true strengths and passions, leading to greater job satisfaction and success.
* **Students and Young Adults:** Young adults and students at the crossroads of choosing a career path or life direction can make educational and career choices that align with their inherent strengths and interests, reducing the likelihood of future dissatisfaction.
* **People Undergoing Life Transitions**: Individuals experiencing significant life changes, such as retirement, divorce, or mid-life re-evaluation, can benefit from the guidance and clarity provided by DNA during these transitions, helping them navigate new life phases with a sense of purpose and direction.
* **Coaches, Therapists, and Mentors:** Professionals who guide others in personal development, such as life coaches, therapists, and mentors, can use the report as a tool to better understand their clients, offering more personalized and effective guidance.
* **Entrepreneurs and Business Leaders:** Entrepreneurs and leaders seeking to align their business practices with their personal values and strengths can ensure that their decisions and leadership style are in harmony with their true self, leading to more sustainable and fulfilling business growth.
* **Anyone Seeking Greater Life Satisfaction:** Anyone who feels there is something missing in their life—whether in terms of fulfilment, happiness, or clarity—can align their daily actions and long-term goals with their true self, leading to a more satisfying and meaningful life.

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Description automatically generated with medium confidence **AGENDA** A logo with a dna strand

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* 9/9.30am **Shirin Yoku** **(Forrest Bathing)**
* 11.15am **Workshop - Optimising your 4P’s** 
  + - * ***Understanding your ‘Gai’***
      * ***DNA - Discover***
        + Explore your ‘Gai’
* 12.30 **Healthy Lunch (included)**
* 13.15 **Workshop Optimising your 4P’s …Cont’d**
  + - * ***DNA - Navigate***
        + Growth Mindset
        + Wabi Sabi (Embrace imperfections)
        + Kintsugi (Resilience)
        + Kaizen (Plan -> Act)
      * ***DNA - Align***
        + Kaizen cont’d
        + Hansei (Reflection)
        + Muse your Tools
        + Oil for the Engine
* 14.30 **R.E.F.L.E.C.T. and Close** 
  + - * + **R**ecap
        + **E**valuate
        + **F**ocus
        + **L**earn
        + **E**ngage
        + **C**ommit
        + **T**ie Up
* 15.00 **Departures**

**GALLERY** A logo with a dna strand

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A table with food on it

Description automatically generated A table with a drink dispenser and a vase of flowers

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A living room with a fireplace and couches

Description automatically generated A living room with a couch and a rug

Description automatically generated

A room with a couch and a table

Description automatically generated A dog standing on a path in a forest

Description automatically generated

A bridge over a stream in a forest

Description automatically generated

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Description automatically generated with medium confidence **PRICING** A logo with a dna strand

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**DNA Retreat Workshop @ Henry’s Orchard S21 - £69pp**

Pre-workshop Consultation

Your unique DNA Discovery Report

Shirin Yoku (Forrest Bathing)

Course notes, worksheets & journals

Healthy lunch, snacks & refreshments

Ongoing support with your DNA Mentor

Parking

**Online 5 Week Course - £49**

Pre-workshop Consultation

Your unique DNA Discovery Report

Course notes, worksheets & journals

Ongoing support with your DNA Mentor

**Group Workshop (offsite/office) - £69pp**

Pre-workshop Consultation

Your unique DNA Discovery Report

Course notes, worksheets & journals

Ongoing support with your DNA Mentor

**121 Course & Mentoring – £349pp**

Pre-workshop Consultation

Your unique DNA Discovery Report

Course notes, worksheets & journals

Ongoing support with your DNA Mentor

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Description automatically generated with medium confidence **DNA RETREAT WORKSHOP 2025 DATES** A logo with a dna strand

Description automatically generated with medium confidence

Jan 29th

Feb 26th

Mar 26th

*…More TBC*

*Contact Rebecca on 07719483562 for more information😊*