

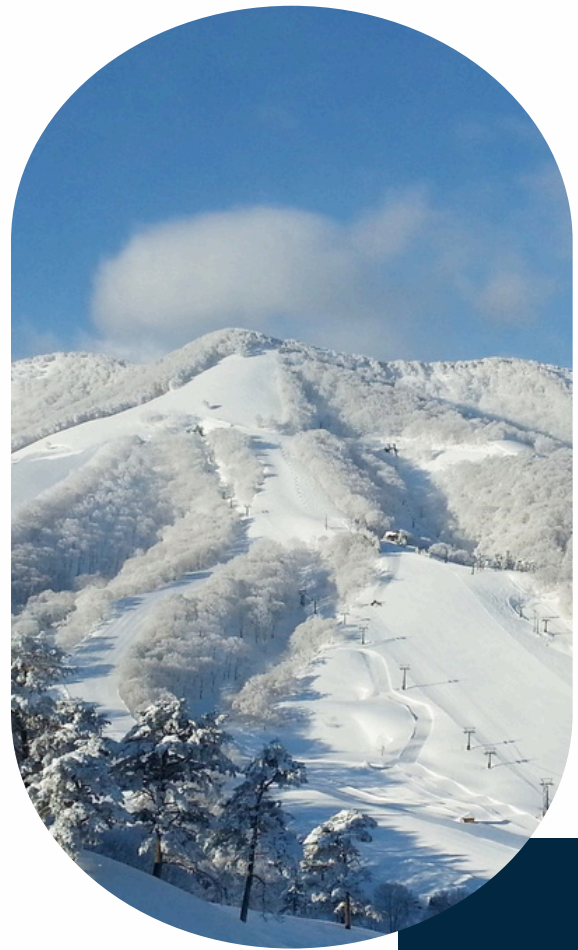
Snow Retreat

Empowering women on
and off the slopes



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Madarao Kogen, Japan
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The Retreat



The Thriving Women ski retreat provide you with an opportunity to challenge yourself physically, mentally, and emotionally while surrounded by a supportive community of like-minded women. Embark on a unique personal and professional development journey that combines snow sports, mindfulness, yoga, research-based insights, and interactive workshops to foster resilience and drive personal growth.

Our Approach

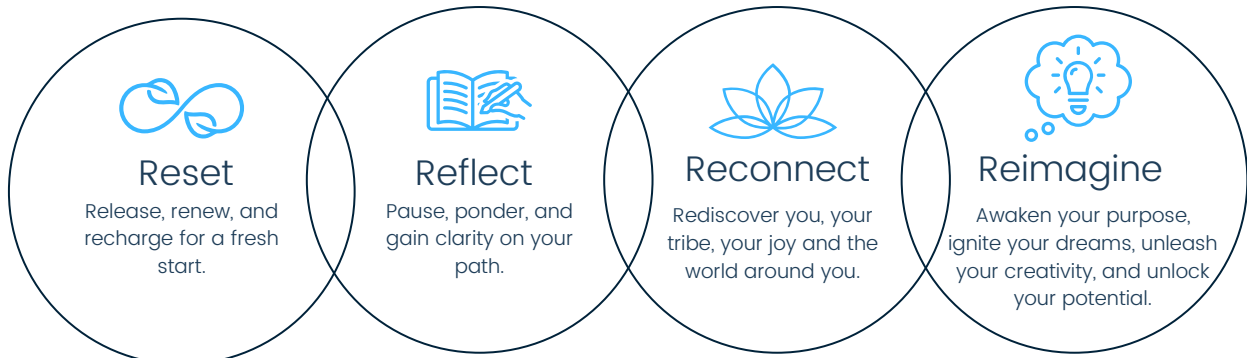
Our approach to designing and developing programs are research and evidence based. We have access to the latest thought leadership and we design and deliver solutions that create sustainable change. Our team has deep expertise in designing and delivering engaging learning experiences and retreats.



In our exclusive retreat for busy women, you will explore how to:

- Reflect on your values that guide inner compass,
- Learn how to deepen your self-awareness,
- Foster a learning and growth mindset,
- Build strategies to avoid burnout and reduce stress,
- Develop a toolkit for personal resilience strategies,
- Apply daily practices to overcome challenges,
- Develop a personal plan for curating a thriving life.

Framework



The Journey

Personal growth and transformation is a holistic journey that requires attention to all dimensions of our lives. That's why our programs and retreats are designed around four key elements that we believe are essential to thriving: *Reset, Reflect, Reconnect and Reimagine*. Each of these elements represents a crucial aspect of personal growth, and we integrate them in all of our programs to provide a comprehensive and transformative experience.



Reset

Reset, is all about creating space for self-care, renewal, and relaxation. This element includes practices such as yoga, meditation, and mindfulness, as well as opportunities for rest and rejuvenation.

Reflect

Reflecting on our past experiences, values, and beliefs, we can gain insights into our strengths, challenges, and aspirations, and cultivate greater self-awareness and self-acceptance. This element includes guided exercises, journaling, and other tools to help you reflect on your life and your journey.

Reconnect

Reconnecting with yourself, others and with nature to build meaningful connections and with your inner wisdom. This element includes group discussions, nature walks, and other activities to help you connect with others and yourself.

Reimagine

Explores tools and strategies to tap into your creativity, explore new possibilities, and envision a more fulfilling and thriving future. The Reimagine element encourages women to stretch beyond their comfort zones, explore new possibilities, and embrace their potential for growth and transformation.

Retreat Schedule

Day 1



- Arrive in Tokyo and check-in to the hotel
- Welcome and introductions
- Cultural awareness briefing
- Drinks and dinner

Day 2



- Breakfast
- Travel to Madarao



- Snowball Chalet check-in
- Pick up rental equipment (if required)
- Group dinner

Day 3



- Intention setting
- Resetting the mind and body mediation Skiing and snowboarding lessons

Mindful break



- Reflective activity and journaling
- Exploring thought patterns and locus of control
- Skiing and snowboarding or free time

Day 4



- Breathwork and meditation
- Reflective activity - values audit S
- Skiing and snowboarding

Mindful break



- Reconnect with self and the world around you
- Exploring building and maintaining healthy relationships
- Optional activity or free time

Retreat schedule

Day 5



- Morning yoga and meditation
- Resilience and setting healthy boundaries
- Skiing and snowboarding

Mindful break



- A personal plan and strategies for designing a thriving life
- Skiing and snowboarding or free afternoon

Day 6



- Meditation and breathwork
- Skiing and snowboarding

Mindful break



- Reflection and creating a plan for transformation and growth
- Optional activity or free afternoon

Day 7



- Wrap up activity and farewell.
- Check out and transfer back to Tokyo or next destination.



Your Guide

Cherry Ward

Cherry Ward is a seasoned leadership development expert, coach, and advisor, dedicated to cultivating performance and fostering growth mindsets for thriving teams and organisations.

With a focus on nurturing thriving professional and personal lives, Cherry brings a wealth of experience and insight to her work.

Drawing from over two decades of experience and a deep well of wisdom, Cherry blends her adventurous spirit with a genuine desire to see you thrive. Through personalised coaching, immersive experiences, and tailored advisory services, she'll ignite your curiosity, challenge your assumptions, and empower you to lead with purpose and authenticity.



Investment

Program Inclusions

The Thriving Women ski retreat combine skiing and snowboarding, and are designed to help you prioritise your wellbeing and invest in your personal growth. All packages include:

- 5 nights accommodation at Snowball Chalet in Madarao Mountain Resort.
- Lift tickets and skiing or snowboarding lessons and coaching (beginner, intermediate or advanced levels).
- Nourishing daily breakfast and group dinners at restaurants around Madarao, Tangram and Iiyama.
- A comprehensive workbook, journal and online resources so you'll gain the tools and insights you need to thrive in all areas of your life.
- A variety of activities such as yoga, meditation, breath work, and more, all designed to help you connect with yourself and nature.
- Group online coaching session pre and post retreat.

Madarao Essentials Package

All the program inclusions above.

Who is this package for?

This package is for you if you want to make your own way to Madarao as you may already be in Japan or extending your vacation.

Room type: Family room (Deluxe queen bedroom with a shared bathroom with an adjoining room). Ideal for friends travelling together.

Investment

¥499,000

Madarao & Tokyo Deluxe Package

Inclusions

Everything in the Madarao Package, plus:

- 1 night at Aloft Hotel Ginza in Tokyo
- Return transfers from Tokyo to Madarao Mountain Resort.

Who is this package for?

This package is for you if you want to meet in Tokyo and ideal for first time travellers to Japan. All you need to do is book your flights.

Room type: Upgrade to a deluxe queen bedroom with a private bathroom.

Investment

¥590,000

Thriving Life Package

Inclusions

Everything in the Madarao & Tokyo Package plus a 6 month *Design a Thriving Life* coaching package (6 x 60 mins sessions) valued at \$1,800.

Who is this package for?

This package is for you if you want to design a holistic approach to your health and happiness. Includes strategies for stress management, resilience, work-life integration and tools you need to thrive mentally, physically, and emotionally.

Room type: Upgrade to a deluxe queen bedroom with a private bathroom.

Investment

¥697,000

The fine print

Dates

1st to 7th February, 2024

Early bird discount

10% early bird discount if booked and deposit paid by 30 June 2024.

How to register

Register online at www.bluebirdleadership.com/thrivingwomen

Payment methods

Pay via credit card or request an invoice.

Cancellation policy

- A 30% deposit is required to secure your place on the program.
- Full payment must be made within 60 days prior to the program commencement date.
- The accommodation portion of the program cost is non-refundable.
- All cancellations/transfers must be received in writing. Refunds will not be given unless at least 60 working days notice prior to the program commencing.
- No refunds will be given after this date.
- If you are unable to participate, a substitute participant (transfer) is welcome if written notice is given prior to the program but will incur a \$75 administration fee.



Work with Cherry

Cherry offers individuals, teams, and organisations the opportunity to unlock their full potential and achieve lasting and sustainable change. Whether you're seeking to enhance your leadership skills, foster team cohesion, or drive organisational change, Cherry will guide you on a journey of growth, empowerment, and transformation.

One-on-one

Unlock the power within you and thrive with our range of coaching solutions including leadership, wellbeing, professional and personal development. Cherry provides personalised support to help you make meaningful and lasting changes in your life.



Programs and groups

For organisations, Cherry specialise in facilitating workshops and programs for leadership development, optimising personal and team effectiveness. Outside of her corporate works with women to provide practical tools and strategies to prevent burnout, build resilience, and achieve personal and professional growth.

Get in touch

Ready to thrive?

 hello@bluebirdleadership.com

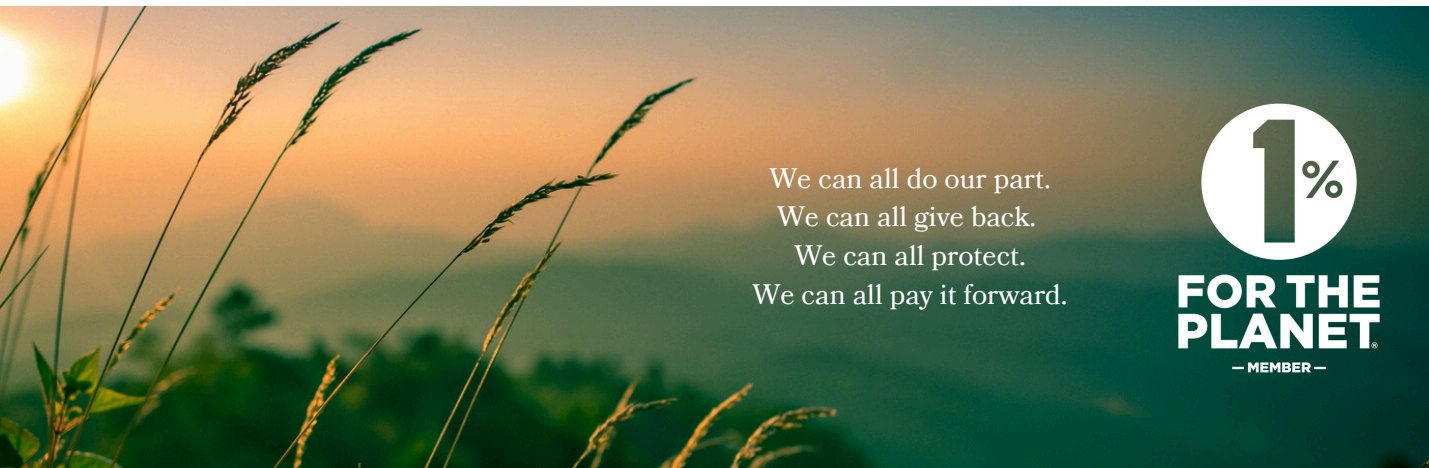
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 www.bluebirdleadership.com/thrivingwomen

Our partners



Snowball Chalet



We can all do our part.
We can all give back.
We can all protect.
We can all pay it forward.



**FOR THE
PLANET**
— MEMBER —

Thriving Women
by bluebird