



Emotionally Resilient

For A Brighter Future



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The Old Spanish Mill

October 9th - 14th 2025

Your facilitator, Bernard Genge, has helped 1000s of people with their emotional, physical and psychological well-being. As a medic in the Royal Navy before, during and after the Falklands conflict, he became fascinated with how people respond differently to the traumas of life. This shaped his future career in psychology and he developed a passion for helping people build strong personal resolve in an ever-changing and turbulent world.



His book, "**10 Actions to Transform Your Life**," published in 2007, is a cognitive behavioural personal development book.

More recently, he has launched a free podcast series called "**Vision 100 - Let's Live Longer - Resilience To 100++ Years**"; a series for you if you want to live a life full of vitality beyond 100 years of age.

Bernard has completed over 170 marathons, an Ironman triathlon, a 104-mile running race and many other events for charity, such as helping build a school in Tanzania, trekking across Namibia, cycling across Vietnam and cycling from John O'Groats to Land's End.

Our Vision

A trauma aware society.

The Mission

This awareness achieved through *Realisation, Recognition, Responsiveness, Resisting Re-traumatisation* and building *Resilience*.

Our vision is also realised by creating an environment at the Old Spanish Mill that is calm, peaceful, pleasant and allows you to relax and reflect – perfect for guided processing of emotional trauma.

The N° 1 toxin in our world is unresolved emotional trauma. If you ever find yourself experiencing any of the following, then you could have unprocessed, repressed, suppressed or stuck/trapped emotions:

- Over-reaction
- A lot of conflict in your life
- Unstable relationships (with self and others)
- Others showing their emotions makes you feel uncomfortable
- Insecurity
- Low self-confidence
- Trouble saying no
- Resentful
- Stressed without an obvious cause
- Anxious or depressed
- Exhausted but not knowing why
- Overly nervous or uncomfortable in situations where you should really be ok
- Perfectionism
- Inconsistent behaviour or avoiding things altogether
- Putting on an act/mask
- Unexplained pain

On this four-day (six-day with travel) retreat, you will understand what emotions are, especially the little 'T' traumas that creep up on us. You will also learn how society, and especially the media, contribute to around 75% (probably more) of us suffering emotional turmoil, chronic stress, anxiety, depression and even PTSD, which is far more prevalent than what most people think.

With this understanding, you will then be guided through a unique process to identify any unprocessed emotions to the year and month of their source and release them one at a time; you will think and feel differently. For some people this happens very quickly, and as well as reversing the symptoms mentioned above, you will find yourself feeling rejuvenated, calmer, more confident about your future and even more energised to design your future around a purpose.

Zoom Meeting

A week before the retreat, you will be invited to a Zoom meeting to get to know the other delegates and to agree on any ground rules to make it a success.

I will also answer any questions you may have and you will be given some questionnaires and emotional awareness exercises to complete if you wish to do so. They might add value to your experience. In addition, we will discuss the benefits of an accountability coach and as to whether you would like a full or partial digital detox while being in this relaxing and special environment.



Meals

Breakfasts: self-service continental.

Lunch: salad, fruit and crackers/bread.

Dinner: wholesome, home-cooked food with fresh ingredients, so you will experience quality nutrition and mindful eating habits.

We can cater for vegetarians, vegans, gluten free, etc. Please speak to us before arrival so we can discuss your dietary preferences and needs.

Day One

Thursday, 9th October 2025

16:00 - Airport transfer to the Old Spanish Mill from Alicante airport.

Alternatively, you can make your own way to the mill or get an **ALSA bus** to Hijate (5km from the mill) where we can collect you shortly after your arrival, or to Baza Bus Station where we can collect you at **20:00**.

21:00 - Welcome and dinner at the mill.



Day Two

Friday, 10th October 2025

08:00 - 09:30 - Breakfast.

10:00 - Open discussion regarding what emotions are, the impact they can have on psychological and physical health, how you can convert negative thoughts and feelings into positive ones using a simple but effective method, and some simple things you can do to create emotional balance.

12:00 - Personal reflection time - during these times you can use the pool, go for a walk, run or cycle on one of our mountain bikes, use the outside gym or rower, or use one of the quiet patio areas to read, reflect or meditate.

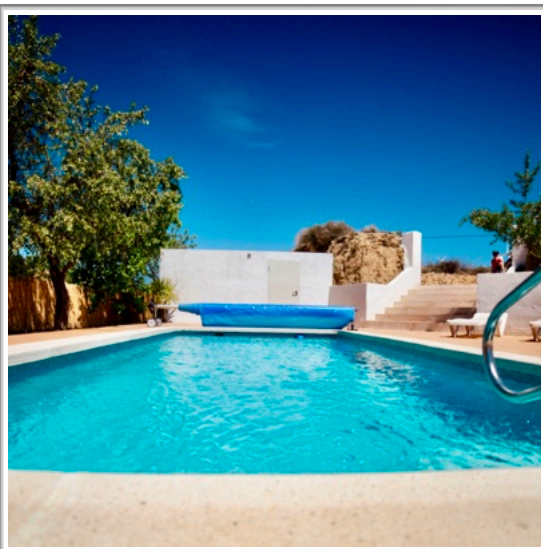
You can also book a 1-2-1 coaching session with your facilitator Bernard.

13:00 - Lunch.

14:00 - Track your first trapped, repressed or suppressed emotion using questions and your own intuitive knowledge. Identify it and the month/year it happened, and then release it.

16:00 - Personal reflection time and 1-2-1s.

18:00 - Dinner followed by free time.



Day Three

Saturday, 11th October 2025

08:00 - 09:30 - Breakfast.

10:00 - Guidance on how to use the Emotional Freedom Technique (EFT) so that you can use it to build on and support what you did yesterday - another tool in your emotional balance toolkit.

12:00 - Personal reflection time and 1-2-1s.

13:00 - Lunch.

14:00 - Learn about a technique called *anchoring*: how to create an emotional state you want such as confidence, feeling relaxed/calm, assertive, creative, etc., and fixing it so you can call upon it when you need it.

15:00 - Instruction on how to use a unique and specific visualisation to release emotional baggage and create emotional balance.

16:00 - Personal reflection time and 1-2-1s.

18:00 - Dinner followed by free time.



The 2024 retreat benefitted from copious sunshine - a relaxed mind is a learning mind.

Day Four

Sunday, 12th October 2025

08:00 - 09:30 - Breakfast.

10:00 - Introduction to and practice of the Havening Technique, another easy-to-use tool to reverse emotional turmoil and create emotional balance.

12:00 - Personal reflection time and 1-2-1s.

13:00 - Lunch.

14:00 - Bringing it all together by tracking and releasing a repressed, suppressed or trapped emotion, and then creating emotional balance using the tools you have learnt on the previous days, so that you experience the vast benefit of focusing on creating exceptional emotional well-being.

16:00 - Personal reflection time and 1-2-1s.

18:00 - Dinner followed by free time.



Day Five

Monday, 13th October 2025

08:00 - 09:30 - Breakfast.

10:00 - How to increase your tolerance to stress, emotional turmoil, anxiety and poor mental health through your physical health. Open discussion on this topic: six key elements of physical wellness and the relationship between physical and emotional health.

12:00 - Personal reflection time and 1-2-1s.

13:00 - Lunch.

14:00 - Increasing your tolerance through your psychological well-being (peace of mind). Open discussion on this topic and the impact of being decisive, living a life designed around a purpose, developing a realistically optimistic mindset, embracing change in your life, developing your self-confidence/esteem, being assertive, preventing and dealing with conflict confidently, understanding yourself and others better, and building a support network that can have an effect on your overall well-being.

16:00 - Personal reflection time and 1-2-1s.

18:00 - Retreat sum up, implementing continuous improvement to get the very best results from this retreat, and an open discussion.

20:00 - End of retreat dinner with wine for those who would like to partake, followed by free time.



Quality time to think about how this will transform your life.

Day Six

Tuesday, 14th October 2025

06:00 - Breakfast.

07:00 - Transfer to Alicante Airport.

10:15 - Arrival at Alicante Airport.

¡Buen Viaje!



Prices

£795 per person.

Includes:

Return airport transfers from Alicante airport.

Shared accommodation.*

Daily breakfast, lunch and dinner.

Access to the pool, outdoor gym, mountain bikes, and of course, the life-changing content on the retreat, as well as 1-2-1 sessions with me to address any personal issues, the pre-retreat questionnaires, and the free podcasts mentioned below.

***If you would like a room to yourself - £895.**

***If you would like the self-contained apartment - £945.**



If a parent, spouse or friend is coming to support you, they can get
a 20% discount - **£636**

If the second person would like a room to themselves - **£736**

If the second person would like the self-contained apartment - **£786**

If you happen to be a wealthy individual who would like to help someone less fortunate, then feel free contact me to discuss sponsorship options.

To Book

To discuss the retreat in more detail and reserve your place,
please contact Bernard at

bernard.genge@gmail.com

or

+44(0)7929 210435 (call or WhatsApp)

I appreciate that talking about and addressing psychological, emotional and mental well-being challenges can be uncomfortable, and an important part of recovery is feeling safe and secure. To this end, if you would like a no obligation discussion regarding these challenges and the retreat, please contact me and we can fix a time to chat.



To support these retreats, I provide a weekly 20-minute podcast series:

Vision 100 - Let's Live Longer - Resilience To 100++ Years

If you want to live a life full of vitality beyond 100 years of age, please tune in.

Topics featured in the episodes are related to emotional, physical, psychological (peace of mind) and financial well-being.

This is what past delegates have said:

"A life-changing experience, giving you the tools to live a better more fulfilling life. It is a wonderful location, with fantastic hosts and amazing healthy, nutritious food. We came on the retreat as a married couple, not understanding how to communicate with each other. We have both learned so much individually and as a couple. It's brought us closer together, and we feel equipped to overcome life's problems together." D & D

"I came on this retreat knowing I had resentment and a feeling of anger about my abusive upbringing and I learnt to bring to the surface and process the emotional baggage from my past, and with this professional guidance I was able to find emotional experiences from my past I didn't realise were still affecting me now. It was mind-blowing and the old mill retreat is so suitable for this work as it's remote, peaceful and the lovely healthy food was a real bonus. I could also go for a walk, swim or use their outside gym and rower to reflect on my experience." L

