



Resilience Retreat

A Life-Changing Retreat



Personal Mastery Resilience Training Retreat

10-Day Package

The Old Spanish Mill

October 14th-23rd 2024

Facilitated by Bernard Genge - a personal coach who has achieved high levels of physical, emotional and psychological resilience.

Bernard has a metabolic age 15 years younger than his biological age using practices and techniques that you will learn on this life-changing resilience retreat.

Bernard will be supported by Sara Fox - a certified financial coach.

On this retreat you will learn the skills to:

- Build resilience in four key areas: emotional, psychological, physical and financial.
- Develop the thoughts and beliefs of a resilient person.
- Be infectiously optimistic.
- Make significant positive changes in life.
- Develop unstoppable self-confidence.
- Resolve conflict and difficult situations.
- Respond rather than react to challenges.
- Build solid fruitful relationships with others.
- Learn to say *NO* confidently to the less important things in life, and a resounding *YES* to the really important.
- Find your true purpose and direction in life.
- Plan and prioritise a successful life.
- Guide your life from resignation...to resolve...to resilience...to results.



There will be free time for personal reflection, to walk and talk, to swim or just to explore the stunning scenery of the local area.

Before the Retreat

Two weeks before you arrive at the beautiful venue of the Old Spanish Mill (*Molino Viejo*), you will be invited to attend a 1-hour online session where you will:

- Learn strategies to get the very best from your time at the retreat.
- Understand your unique style of learning.
- Be inspired to do things differently in your life, so you can make long-term commitments to the truly important things.
- Understand how to embrace the principle of personal continuous improvement.



We will also send you a *Personal Mastery Resilience Manual* where you can make your own notes.



Day One - Travel Day

Monday, 14th October 2024

Airport transfer from Alicante airport.

Arrival at the [Old Spanish Mill](#) and a tour of what will be your home for the next nine days.

Opportunity for a swim and relaxation by the pool.

Welcome and introductions with refreshments.



Day Two - Physical Resilience

Tuesday, 15th October 2024

Overview of the programme.

Dietary habits for resilience.

Importance of physical exercise.

[Introduction to hormesis.](#)

[Evening of astronomy with Raul.*](#)

*optional paid excursion

Day Three - Physical Resilience

Wednesday, 16th October 2024

The power of sleep.

Stress awareness.

Toxin awareness and optimal hydration.



Day Four - Emotional Resilience

Thursday, 17th October 2024

Emotional resilience.

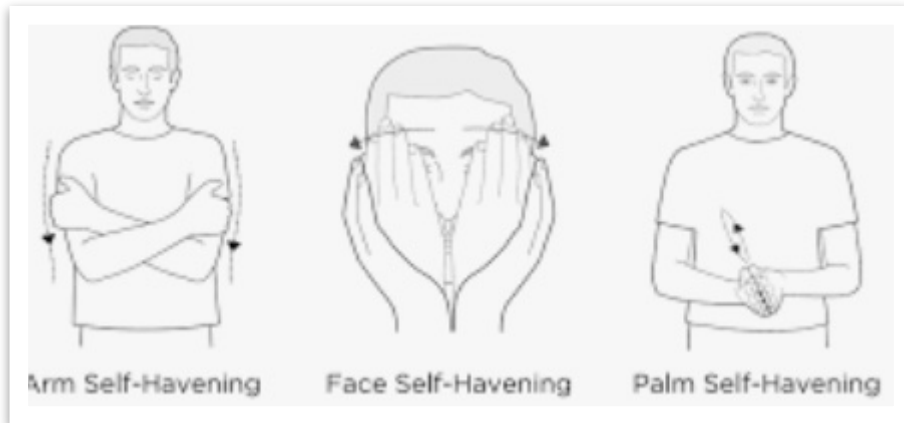
Introduction to the Emotional Freedom
Technique (EFT).

A visit to the picturesque town and
majestic castle of [Serón.](#)

Introduction to the Havening Technique.

Day Five - Emotional Resilience

Friday, 18th October 2024



Four practical Havening techniques:

1. Event Havening.
2. Affirmational Havening.
3. Iffirmational Havening.
4. Role Havening.

Introduction to building psychological resolve.

Day Six - Psychological Resilience

Saturday, 19th October 2024

Creating meaning and purpose.

Becoming infectiously optimistic.

Decisively and confidently embracing personal change.



Day Seven - Psychological Resilience

Sunday, 20th October 2024



Building great relationships through trust, rapport and being assertive.

Managing challenges.

[Visit to Vilaplana Winery for guided tour, tapas and wine tasting.*](#)

*optional paid excursion

Day Eight - Financial Resilience

Monday, 21st October 2024

Resilience

*“The ability to recover
from or adjust to
misfortune or change.”*

The Oxford Dictionary

What financial resilience is
and how to create lasting change.

An introduction to money coaching.

How to use Money StoryTypes™ tools.

How to use spending plans and budgets.



Day Nine - Financial Resilience

Tuesday, 22nd October 2024

Financial resilience: Putting your plan into action.

Conversation and Q&A via Zoom
with qualified financial adviser Sarah Blyth.

Day Ten - Travel Day

Wednesday, 23rd October 2024

Group meeting.

Summary and next steps.

Farewells and travel home.





Bernard Genge

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.

Bernard puts into practice the principles he will share on this retreat, having 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.

Sara Fox

After using a money coach herself and finding it transformational, Sara trained with Catherine Morgan, the multi-award winning qualified financial adviser and certified financial coach.

Sara uses a range of tools to empower people so that they can gain an insight into their past and current behaviours, and to help them clear obstacles. She also supports clients so that they feel better equipped and motivated to tackle day-to-day and bigger money challenges.

Sara is passionate and committed in her support of people becoming financially resilient and in empowering them to create long-lasting change.



What's Included

Return airport transfers from Alicante airport.

Accommodation for nine nights at the [Old Spanish Mill](#).*

*Shared. Please enquire regarding a private room.

Towels and bed linen.

Daily breakfast, lunch and dinner.

Refreshments throughout the day.

Full use of the pool and all facilities.

£1299 per person.

Early bird and payment plan available.

Corporate offering (see further details below).

Discounts available for group bookings.

Not Included

Two optional excursions:

An evening of astronomy/stargazing - £26/€30 - three hours.

Vilaplana Winery for a guided tour and wine tasting with tapas - £18/€20 - two to three hours.



Corporate Offering

Everything listed above, plus:

Access to the delivery PowerPoint presentations and notes.

Free support for the design and online delivery of your first session back at your place of work.

£1499 per person.

Not Included

Two optional excursions:

An evening of astronomy/stargazing - £26/€30 - three hours.

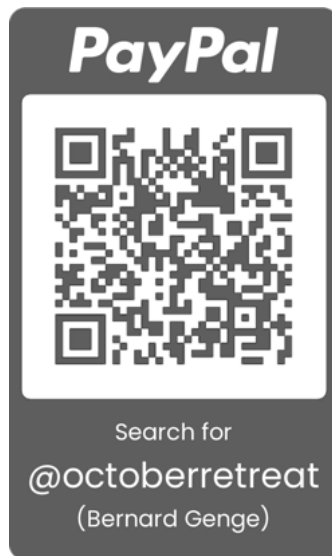
Vilaplana Winery for a guided tour and wine tasting with tapas - £18/€20 - two to three hours.



To Book

To reserve your place now, please pay a deposit of £99.00*

via PayPal: **@octoberretreat**



For other methods of payment, please contact Bernard Genge at bernard.genge@gmail.com or 07929 210435.

*If you attend one of our Zoom Q&A sessions below and decide the retreat isn't for you, we will refund your deposit in full with no questions asked.



Have any questions? No problem!

We will be hosting a Q&A session via Zoom where you can meet your facilitators
on the following dates:

February 23rd 18:00 (GMT)

April 26th 18:00 (GMT)

June 28th 18:00 (GMT)

August 30th 18:00 (GMT)

To book one of these sessions or if you have any other immediate questions,
please contact Bernard via the contacts listed above.

