

COTSWOLD COACHING RETREAT: example programme

Day 1: commence 10:30am

10:30- 12:45pm: concentrated coaching time and related activities

12:45pm: lunch + afternoon programme

Including such as:

- Reflection time
- Journaling
- Specific coaching activity
- 'you' time activities such as local walks, Cotswold sights, Spa treatments

7- 8pm: optional 'touch base' coaching session

Day 2: commence 9:30am

9:30- 12 noon: concentrated coaching time and related activities

12 noon: lunch + afternoon programme (as above)

3-4pm: 'touch base' conclusion session

4pm: depart