

RAISED UP

THE RETREAT 2023



AN IMMERSIVE BUSINESS RETREAT FOR WOMEN

OVERVIEW

- 3RD — 6TH OCTOBER 2023
- PENTILLIE CASTLE, CORNWALL
- A SPECIAL PLACE FOR LIKE-MINDED ENTREPRENEURIAL WOMEN
- A PLACE LIKE NO OTHER

WHAT'S INCLUDED

- LUXURY ACCOMMODATION
- SOULFUL ACTIVITIES
- BUSINESS MIND EXPANSION
- GREEN & BLUE THERAPY
- INSPIRING SPEAKERS
- FIRESIDE RITUAL
- NOURISHING FOOD & DRINK
- GOODIE BAG

YOUR REASON FOR BEING HERE

They say you are the product of the company you keep & the women joining you on this retreat, like you, have been hand selected for their outlook on life, inspiration & determination as well as their practical & enquiring minds.

Spend time with yourself too. Thinking space. Get to know yourself better. Put yourself first for once and release yourself for a while from that sense of obligation & responsibility as you give yourself permission to find solace and sanctuary.

Nestled in the countryside on the banks of a river, Pentillie Castle is the perfect place to restore and revitalise both yourself and your business. You'll be surrounded by by other great minded women who, like you, have already made an impact in the world and who are serious about their business. Learn from great minds, share experiences and re-ignite that energy that you sets you aside you from the rest. Allow the grandness of the castle itself to sweep and motivate you to take those confident and transformational steps into the future that you have been envisaging, turning dreams and visions into a reality whilst seeing the simplicity amidst the opportunities.

Step back into the world fully focused and ready for anything with a sense of purpose, make things happen having created newfound connections with kindred spirits that could last a lifetime.

**"SEE THE BEAUTY OF
SIMPLICITY AMIDST
THE OPPORTUNITY"**

MEET YOUR HOST

DEBORAH EDWARDS

I had a vision, curated over many years of witnessing highly capable women keeping themselves small for a myriad of reasons. What could happen if those women were given the time and the space to focus exclusively on something that could have a transformational impact on the lives of not only themselves, but their immediate kin and moreover, the wider world?

I am a fellow of the Institute of Chartered Accountants, finance mentor & coach with the Association of British Mentors and strategist specialising in women with big ideas and a proven track record of success that comes in a variety of guises. I am also a Mum. I know that it's never about the money alone and so combine my financial know how with mindset and personal development coaching. I also own a chartered accountancy practice supporting ambitious entrepreneurs & hold a directorship growing a tech company to multi million pounds turnover.

I can't wait to welcome you to your exclusive 3 night / 2 day retreat at a luxurious Cornish location on our inaugural retreat designed exclusively for women who can make an impact in the world. Women who know that time is precious and therefore know that to make a choice to invest in time away means that it has to be something pretty special. Times like these are indeed rare and invaluable.



YOUR STAY OVERVIEW

From the moment you arrive, rest assured you'll be well taken care of.

You'll be nurtured with a complete menu that has been specially designed to optimise your health during your retreat. You'll sleep in the luxurious surroundings with only the pleasant company of nature outside at your window.

We have created a retreat schedule that feeds your body, your mind and your soul. With experts on hand, both you & your business goals will be supported in the following areas:



**"A LIFE & BUSINESS CHANGING
EXPERIENCE. I CAN'T REALLY
PUT THE RETREAT INTO WORDS.
IT WAS MAGICAL"
2022 ATTENDEE**

YOUR STAY FOR THE MIND

We are excited to be currently curating our experts for this year. Check back here to see who is appearing!



DEBORAH EDWARDS

Deborah had the vision for the retreat when she knew that in order for women to be at their best, they needed to be able to be unapologetic. Deborah is a firm believer that money in the hands of good people does great things & that we can be proud to seek wealth knowing that profit is not a dirty word.



LIANA FRICKER

Liana is Inspirer in Chief of one of the most forward thinking start up networks in the UK. Tedx speaker, Liana is a motivational powerhouse. Founder of Inspiration Space and one of Startups Magazine's 'Most Influential Women of 2022'.



KAT THORNE

AKA the Morning Gamechanger, Kat helps employees and leaders uncover the superpower living within all of us, the ability to create positive habits to lead happier, healthier and higher performing lives both at work and home.



RACHEL FOSTER

Rachel Foster is a chartered PR and Agile coach. She runs two businesses – Agile PR and Operating at 80% Awesome, where she combines her love of post it notes and strategy to apply Agile principles to communications and work/life balance.



NITA WOODS

Nita is a Sustainability Strategist and a social entrepreneur, who is working to solve our biggest social challenges, with her superpowers in problem-solving, and finding the fun in the madness.



COMING SOON

If you are interested in showcasing your expertise in this or another retreat please email deb@raisedup.finance. We are especially seeking experts in HR, personal finance, & e-commerce. We are open minded to other areas of expertise too!

YOUR STAY FOR THE SOUL

YOGA, CHANTING & BREATHWORK

at dawn

WALKS

& getting lost (exploration!)
in the extensive grounds

PADDLEBOARDING

instructor led on the river

SWIMMING

at your leisure, either in the
river or the private pool

YOU TIME

for self reflection, journalling, reading
or being on an expansive journey.

FIRESIDE

Chats, connections & rituals



**"A SUPERCHARGE OF PHYSICAL &
MENTAL GOODNESS. A HUGE BOOST
OF CONFIDENCE & SELF ESTEEM.
NEW ENERGY & IDEAS"
2022 ATTENDEE**

LOCATION & ACCESSIBILITY

Pentillie Castle is situated 6 miles from Plymouth which has direct trains from London Paddington. It's also about an hour away from both Exeter and Newquay airports. We recommend that travel is arranged asap. Please let me know if you need help getting from either airport. Please note that these transport costs are at your own expense and we can explore lift sharing if that suits. There is plenty of free parking available in the grounds. Please get in touch if you should like further information about accessibility to castle amenities and rooms whilst on retreat.



**"BEST INVESTMENT
EVER"
2022 ATTENDEE**

YOUR KIT LIST

Being October, it's hard to know what the weather will hold so my advice is to come prepared for all eventualities.

And I've some rather special dinners planned too, so you may want to dress up, but it's up to you. Primarily, you should dress for however you feel comfortable.

IN YOUR LUGGAGE

- a swimming costume (or two)
- a waterproof jacket
- comfortable shoes for walking
- your comfies
- clothes for yoga
- something pretty or elegant
- your favourite tipple
- a good book
- chargers
- positive spirit & willingness to give as well as receive

WE'LL PROVIDE...

- all bedding
- wetsuits (or bring your own)
- wellies
- yoga mats
- all food & non - alcoholic
- towels
- the magic



YOUR AGENDA

TUESDAY 3 OCTOBER 2023: LETTING GO

ARRIVAL FROM 6PM

I'll be waiting to greet you and will show you to your room, provide you with a site plan and leave you to get settled and explore your castle home.

7:30 FOR 8PM

We will meet downstairs for a welcome drink and canapes and get to know each other better. Then we will sit down for a three course dinner before retiring to bed, ready for a great nights sleep.

WEDNESDAY 4 OCTOBER 2023

7AM

Sunrise yoga

8:15 AM

Meet for breakfast

9:00 AM

Official welcome from Deborah

9:15 AM

Session: Primed for abundance. Your best mindset.

10:45 AM

Coffee break

11 AM

Business Session

12 PM

Lunch

1:30 PM

Business Session

3:30 PM

Free time

5 PM

NEW FOR 2023! Green Therapy: Foraging, Feast & Fire Ritual

8 PM

After Dinner Drinks & Fireside Chat

YOUR AGENDA

THURSDAY 5 OCTOBER 2023: VISION DAY

7AM	Sunrise yoga
8:15 AM	Meet for breakfast
9:00 AM	Session: Selling with confidence; You, your business & your product
10:30 AM	Coffee break
10:45 AM	Session: TBC
12:15 PM	Light Lunch
1:30 PM	Blue therapy; Paddleboarding
4:00 PM	NEW FOR 2023! In the Hot Seat!
6:00 PM	Free Time
8 PM	NEW FOR 2023! The Unapologetic Celebration!

We will be led by Mother Nature on the retreat, so events may be subject to change

YOUR AGENDA

FRIDAY 6 OCTOBER 2023: BACK INTO THE WORLD...

7AM	Motivational Morning Session: Get ready to step back into the world!
8:15 AM	Meet for our final breakfast
9:30 AM	Last minute packing
10 AM	Time to say our goodbyes & step back in to the world, eager, refreshed and ready to go!

Should you have any questions in the meantime please don't hesitate to contact Deborah on 07789501714 or email deb@raisedup.finance or my VA Holly on admin@raisedup.finance

THE SMALL BUT IMPORTANT BITS

TIMEKEEPING

-This retreat is your opportunity to wind down. We will endeavour to stick to the agenda as much as possible and encourage you to be an active participant in all of the activities. Should you wish to sit out at any time, kindly let Deborah know, otherwise please be present at least five minutes before stated start times.

MOBILE PHONES

-We kindly request that mobile phones are kept on silent during the retreat and are not brought to the dinner table. Should you need to make telephone calls, please do so in your own room or outside and away from the ears of your companions.

SOCIAL MEDIA

-Part of the beauty of the retreat is that we will momentarily step away from the outside world. We invite you to limit your consumption of social media during the retreat and ask that you only post to social media outside of the core hours to avoid distraction.

ALCOHOL

-This retreat is an "opt in " to alcohol, rather than "opt out." Please feel free to bring your own favourite drinks and share with others, whilst respecting that others may not wish to drink alcohol.

TEA & COFFEES

-Drinks such as tea, coffee, water etc are readily available so please help yourself whenever you like. Fruit will also be freely available.

YOUR BUSINESS

- This is a wonderful opportunity to work ON your business, rather than IN it. We invite you to set your out of office on for the duration of the retreat and resist the temptation to do too much of the day job.

REFUNDS

-Deposits are refundable until April 2023. After this date, there are no further refunds however should you be unable to come, we will endeavour to resell your place. You will be refunded for the amount that we receive, less an admin fee of £300.

HEALTH & SAFETY

-You will be fully briefed on health and safety on arrival. The castle is in a remote area of Cornwall and you will be provided with contact details of local and emergency services, fire procedures & similar.