



2 DAY (ONE NIGHT) COACHING & SPA RETREAT

FROM LAWYER, AUTHOR, TRAINER & SPEAKER
HANNAH BEKO

Join Hannah for a 2 day (one night)
coaching & spa retreat that provides you
with **a personalised** programme of
exercises and conversations.

What can you expect from this retreat?



Before the retreat

A 30 minute Zoom conversation around your hopes and expectations from the sessions so that I can create personalised content for our two days.

Day One

- Morning tea
- Lunch
- Afternoon tea
- Dinner
- Coaching conversations and exercises throughout the day
- Overnight stay and access to spa facilities



Day Two

- Breakfast
- Spa treatment (choosing from, a back and neck massage, freestyle deep-tissue massage, elemis pro-glow booster facial or elemis intensely cleansing salt scrub)
- Relaxation time
- Lunch
- Afternoon tea
- Coaching conversations, reflections from day one and actions to take away



After the retreat

One month of WhatsApp or Email support for any questions and check-ins to keep you on track.

Hannah@authenticallyspeaking.co.uk
www.authenticallyspeaking.co.uk

Hannah is an experienced professional coach and trainer. A still practicing lawyer, she has impacted thousands of lawyers through her work in the past 6 years..



The retreat will be held in Cheshire (Macclesfield is the nearest station) on 27-28 May.

We will meet at the hotel at 9.30am on day one and finish the day by 4.30pm leaving you plenty of time for a leisurely dinner and to use the spa facilities.

On day two you will start with breakfast and your choice of spa treatment. We will enjoy a private yoga session for our group before lunch and final coaching sessions with a break for afternoon tea.

We will finish by 4.00pm on day two.

For the first two of these brand new retreat packages, the usual investment is reduced by more than £500 (normally £1,500) to 3 x payments of £325 (plus VAT).

[Ready to Book your Place, Click Here and follow the link!](#)



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