

LEADERSHIP RETREAT

For Senior Leaders

EXECUTIVE RETREAT : For Senior Leadership

This is a two-day Mindful Living Retreat for Senior Executives, orchestrating a conscious pause and reflection through active-non-doing engagements.

A series of simple activities from the time of welcoming at the resort through the journey onward, both in the resort and beyond, this will enable the senior leadership members to once again return to their authentic self of 'Human Being' from the overtly corrupted "Human Doing", and to reinvent their self and relaunch them into the orbit of greater potentials.

The two-day workshop weaves into it Games and Exercises driving the concept of Mindful Living and its Attitudes, leading the participants to discover their Aha! Moments through fun.

The Mindful Living learning and discoveries promises to be a life-changing experience, offering absolute Relaxation, an opportunity to Reconnect with peers and to help Rebuild self and others!

EXECUTIVE RETREAT : Objective

The Executive Retreat will become a channel through which the organisations offer their busy senior executives an absolutely informal platform to meet, unwind and re-charge their otherwise depleting bond with peers and often, with own self!

We make this possible by enabling moments of reflection facilitated through Mindful Living Games and Exercises that will help them discover their experiences of relationship with self and others, in this moment and beyond and take away highly powerful concepts of Mindful Living.

Improved peer relationships, re-engineered way of life using Mindful Living practices for a remarkably calm and stress-free experience of work and life and above all - an absolute opportunity to connect with the innocence of nature to unwind, relax and re-energize, these are the key take-aways from this workshop, offered with the character and charm of Niraamaya Retreats' hospitality and the innocent simplicity of Our Native Village.

Day ONE

10:00 | Our Native Village Welcome Experience

The intriguing journey to the resort, the Village experience of meet & greet, two-day digital detox and a bare-foot walk exploring the serenity of nature!

11:00 | Program Orientation on & Mindfulness Intro

A session to discuss the two-day roadmap, introduction to Mindful Living and the Attitudes measured in the Games & Exercises we will play during the two days.

12:00 | Mindfulness with Crayons

An exercise with chart-papers and crayons that will force them to be on their knees, dirty their fingers, roll up their sleeves to gain some points - and display some character for deliberation!

13:00 | Lunch Break & Village Experience

Take a break and enjoy some traditional meals, and digest them with perhaps a ride on our bullock-cart or make a flower-vase or a diya at our Pottery Corner to gift your beloved ones on your return!

14:30 | Mindfulness with Chocolates

An exercise with Chocolates - a sure choice after lunch - where the participants explore the newness in the old; what are we seeing but have never noticed; how is intellect blocking our experience of living?

15:30 | Story Time!

A bonding time! Listen to the stories that we never cared to listen. What does it tell you about the person beyond their titles that you rarely bothered to know. A powerful Mindful Living Attitude!

16:30 | Indian Chai Corner

Visit our Indian Chai Corner to tease your taste-buds and refresh your energy with the Chef's special South Indian snacks!

17:00 | Aha! Moments and Closing Activity

Capture the learning and discoveries of the day and commit for a re-alignment as appropriate. Participate in a Progressive Muscle Relaxation activity - a take-away for executives who are stressed to their threshold.

17:30 | Village Games & Outdoor Activity

Walk through our organic garden, or play cricket or just swing, or participate in a series of swimming-pool games - spend an evening just charging up your inner-self, with sole aim to cherish the present moment.

20:00 | Cleansing Bonfire & Dinner

A playfully vibrant evening around a bonfire re-inventing the real you, combined with a Mindful Living exercise to let go of baggage from the past or the desires of the future that hinder the experience of this moment.

Day TWO

07:30 Morning Games & Walking Meditation

The games are designed as an extremely powerful tool to bridge the gaps and reinforce the bond as senior leaders, and the Walking Meditation is a Mindful Exercise they will resort to, for a healthy living.

10:00 Loving Kindness Meditation

A deeply introspective Mindfulness exercise reflecting on the relationships, to repair the dents and reinforce the positives. This exercise facilitates the rediscovery of relationship!

11:00 Learn to Dance Again

This Mindful Living exercise helps the participants to look at nourishing & depleting thoughts which are discolouring their relationship with this moment, and those in it.

12:00 Lunch Break & Village Experience

Can you look at a blade of grass with so much affection, and see and feel the pulse of your extension in it! Can you look at things around you and feel for them - and therefore build a better, greater bond?

13:00 Lunch & Village Experience

Lunch break followed by more village games experience - this time perhaps a slow-cycle race, or a cycle tyre race, or a tug-of-war!

14:00 The Breakthrough Moment: Arrow Break

Do what is seemingly impossible. Break the barriers of limiting beliefs through a powerful action metaphor and take the souvenir as a visual reminder of the infinite possibilities in this moment.

15:00 Group Yoga Nidra

Experience Yogic-Sleep - a deep relaxation technique that you can use wherever you go, offering a physical and emotional power-boost to lead a stress-free life.

16:15 Session Consolidation

Review and recap the learning and capture the Aha! Moments to create an action plan. Write a personal letter into your future - to be pleasantly surprised to see your progress with your inner-engineering!

ABOUT PACKAGES

Package: **INR. 12,000** Per Person Per night (Single Occupancy)

Minimum 10 Participants | Limited to Monday - Friday

Inclusions: Rooms | Government Tax | Breakfast, Lunch and Dinner | Morning and Afternoon Tea-break

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ABOUT FACILITATOR

M A Shahir – Mindfulness Coach and Talent Development Consultant at Niraamaya Retreats, brings onboard over 25 years of international experience in people development.

Green Belt in Six Sigma, Shahir is a Behavioural Analyst, a Neuro Linguistic Practitioner Certified by American Board of Neuro Linguistic Programming, Hypnotherapist certified by American Board of Hypnotherapy, Level II Reiki Healer, and a specialist in Enneagram Personality Profiler – 2500 years old personality analysis tool.

As a Mindfulness Coach, Shahir practices the teachings of Dr. Jon Kabat Zinn of Mindfulness Based Stress Reduction Centre at University of Massachusetts.