



## **Reflexion Deluxe holistic coaching for women**

For women who live busy high pressured lives, constantly juggling the demands of many roles. This is the opportunity to take time out, pamper and professionally develop yourself at 5\* Spa location followed by a light lunch and 1.5 hour coaching by an experienced female coach.

The spa experience will create the space for new perspectives, strategies for coping and solutions to emerge. You will materialize not just relaxed, revitalised, but also with a do able action plan.

Clients typically book a series of these sessions to take place once a quarter. The usual duration is half a day.