



# The Clarity Retreat

A Weekend Experience Just For You

“ *When was the last time you took some meaningful time out for yourself?* ”

Imagine a weekend focused on helping you relax to a deeper level, connect with a more meaningful future and learn some priceless mental skills? That is the intention of this weekend.

It is being held in one of the most beautiful places on the planet, Glendalough in County Wicklow, Ireland and involves spending 2 nights and days with me and other like minded people.

This is a one off experience that I have been thinking about for a long time. It will bring together different elements of my work over the past 3 years that I have seen make the biggest difference with my clients and indeed myself.

Most of all this weekend will be fun.

It's important to say that this weekend is **open to anyone.**

## **So, is it for you?**

- Are you at a transition or crossroads?
- Are you looking to bring more meaning and purpose into your work and life?
- Do you want more clarity?
- Are you interested in your personal development?
- Do you just know in your gut that you need to change something?

Today, being busy is almost seen as a badge of honour. Yet with that 'busy-ness' often comes a lack of real clarity on what matters most to you in your life. Plus life brings with it responsibilities - be it as a parent, a business owner, a partner... you can add your own list.

This weekend is a chance to shake off all responsibilities and give yourself the gift of time, space and an opportunity to learn new insights and skills that will help you develop as an individual.



## 3 Key Elements Of The Clarity Retreat

**1. Time out in nature:** Glendalough is one of the most beautiful places on the planet. Part of the weekend will be spending some time outside breathing the best air around by including some walking and hiking.

**2. Professional Facilitation:** I will be facilitating this experience myself and with that comes over 15 years experience in helping people at all levels improve their clarity and results in life and business. There are limited numbers attending to ensure the right impact for all.

**3. Focus On The Inner Game:** This is one of my biggest passions in life and on this retreat you will get exposed to my latest insights around how to get the best from yourself and enjoy your life more fully.

### What will it do for me?

At the very least, it will be a fun and relaxing weekend where you can switch off completely to your normal responsibilities. You'll also learn a lot about yourself and connect with some interesting people. After that benefits will vary from person to person and include:

### Improved clarity

- Increased sense of meaning and purpose
- Toolkit to bring more clarity to your life
- Personal development
- Increased personal awareness
- Help in making a key decision
- Improved motivation
- Re-connect with a better and more positive future

### When Is It On?

The retreat runs from Friday 24th April (6.30pm Check-in) to Sunday 26th April (4pm).

### Where Is It On?

You will be staying at The Glendalough Hotel, which is located right in the middle of the picturesque valley of Glendalough.

### What's The Fee?

Early-bird: €495 if paid for before 21st March.  
Normal fee: €595 from 21st March on.

### What's Included?

Your fee covers food (breakfast, lunch and dinner) and accommodation costs (private room) and the occasional surprise. Any extras are covered by yourself.  
A yoga class is included in the fee.

### How Do I Book?

Please book online here with credit card or if you wish to pay by bank transfer, please email us at [support@shaneocradock](mailto:support@shaneocradock) and we can arrange that.

Note: Places are genuinely limited so your attendance cannot be guaranteed. If you are interested please let us know.



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