

# PSYCHED – THE RETREAT

## OUTLINE PROGRAMME ITINERARY

Psyched – The Retreat is our flagship programme reflecting the extraordinary ask placed on CEOs and executive teams on a daily basis. This life-changing, residential experience takes place in the tranquillity of the beautiful Gascon countryside in the south west of France. Each programme is tailored to your business's individual demands, with each retreat covering three core tenets of psyched programming: Clinical; Leadership Coaching and Therapeutic. Below is an example of how a 'Psyched – The Retreat' itinerary would work.

### PRE

- **CEO agenda setting dinner (with Founders)**
- **Initial Executive Psychotherapy session**
- **Heart Rate Variability testing**
- **Adrenal testing**
- **GP assessment**

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### FULL RESIDENTIAL (FOR FIVE DAYS)

- **Group Tai Chi/Qi Gong**
- **Breakfast**
- **Group Morning check in**
- **Individual Sessions**  
(including massage, executive therapy, personal training, leadership coaching, acupuncture, meditation)
- **Lunch**
- **Group Process**
- **Individual Sessions**
- **Group check out and meditation**
- **Dinner**

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### POST

- **CEO follow up dinner (with Founders)**
- **Executive Psychotherapy wrap up**
- **Feedback and forward planning**

#### MOST SUITED TO:

**Boards, CEOs and Executive Teams**

#### SUGGESTED DURATION:

**5 days**

#### LOCATION:

**Solomiac, south-west France**



**PSYCHED**