



*Jo Walley*

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**Re:Treat**

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**Introduction**

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Welcome to the Re:Treat. I'm so glad you could join us in making a commitment to yourself - to reflecting on your life, reconnecting with your true self, and to living your future life in a way that brings you joy and leaves you feeling fulfilled.

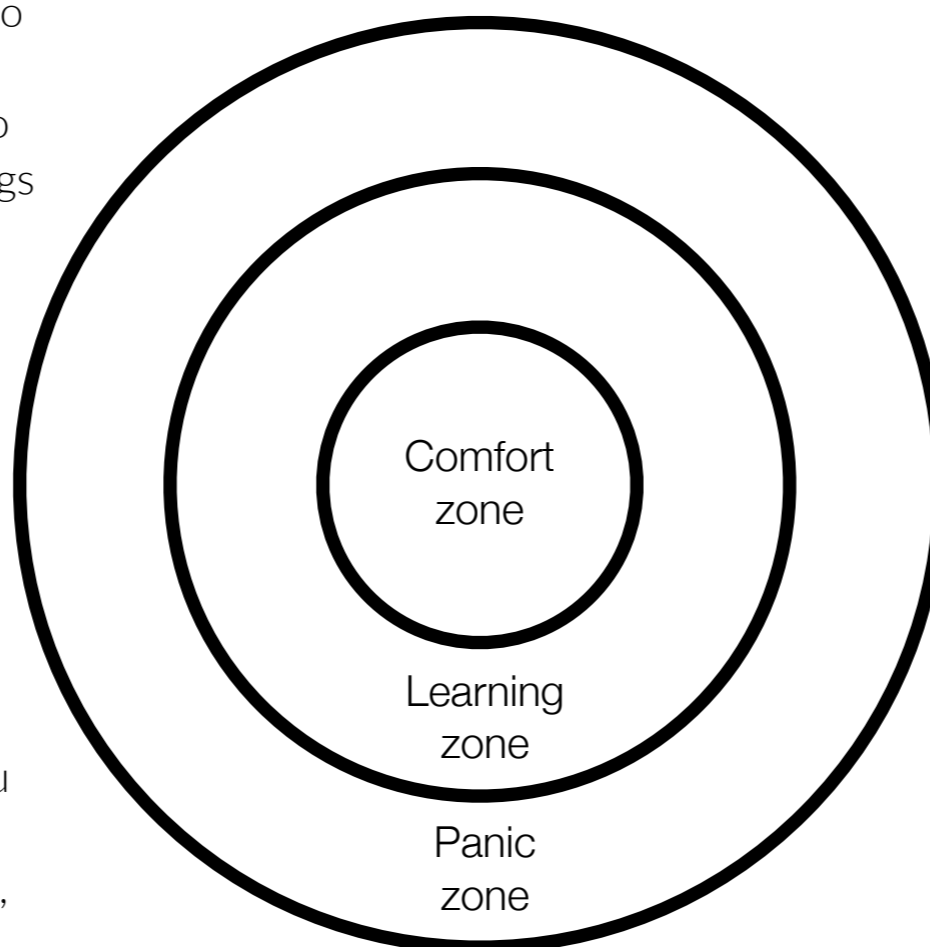
Over the next few days you'll have the opportunity to delve deep into the following areas:

- **R**eflecting
- **R**echarging
- **R**eplanning

Each of the areas include some suggested activities and templates. You might find it helpful to print the templates and make notes within them, or you may prefer to make your own notes. Perhaps you'd prefer to record your notes - with voice messages or videos.

You may wish to spend some of the Re:Treat doing work independently, and you may wish to spend some of the Re:Treat working with others, whether that's including people you trust (people you work with, live with, or who support you) or people on the Re:Treat.

## Your learning zone



You may be familiar with the diagram above and the three zones:

*Comfort zone* - things feel comfortable and don't take much energy but you are limited in scope.

*Learning zone* - things take more energy, but there is more you can do.

*Panic zone* - going too far outside the comfort zone, not being able to learn.

I'm inviting you to stretch yourself during the Re:Treat. Stretch yourself outside of your comfort zone and into your learning zone.

Tailor the Re:Treat to maximise your time in this zone - too much time in your comfort zone and you won't make the changes you desire; but move too far and you'll go into your panic zone.

Check in on a regular basis to see where you feel you are - if you're outside of the learning zone, adapt the experience to bring you back. Stretch yourself if you're in the comfort zone, and bring it back if you're in the panic zone.

## Support

We have our regular check-ins scheduled each day at the following times:

- 09:30 - start of day check-in
- 13:00 - lunchtime check-in
- 16:00 - end of day check-in

We also have our WhatsApp group for communication between the calls.

And if you need individual support you can contact me directly: 07734 822445



**What are your reasons for doing the Re:Treat?**

**What do you hope to get from the Re:Treat? How will you maximise your learning experience?**