

# Womens Business Retreat

*with Ashlee Laura*  
at The Bathhouse

16TH & 17TH  
JULY 2023



Are YOU ready to step up, let go  
and learn how to take your  
business to the next level?

# Day 1

## BUSINESS RETREAT SUNDAY 16TH JULY



**8am**

WELCOME TO THE RETREAT

**9:30am - 11:30am**

TRANSFORMATIONAL SESSION  
**JODEY ALICE**

Identifying, letting go and removing the old layers that no longer serve you. A 2hr transformation session with Jodey-Alice that will help you re-align with your business and personal goals and help clear any blockages that are holding you back.

**11:30am - 1:30pm**

BATHHOUSE EXPERIENCE & LUNCH

Your time to unwind, reflect and enjoy the bathhouse facilities including a Sauna, Steam Room, Hydrotherapy Spas & Heated Magnesium Plunge Pool!

**1:30pm - 4pm**

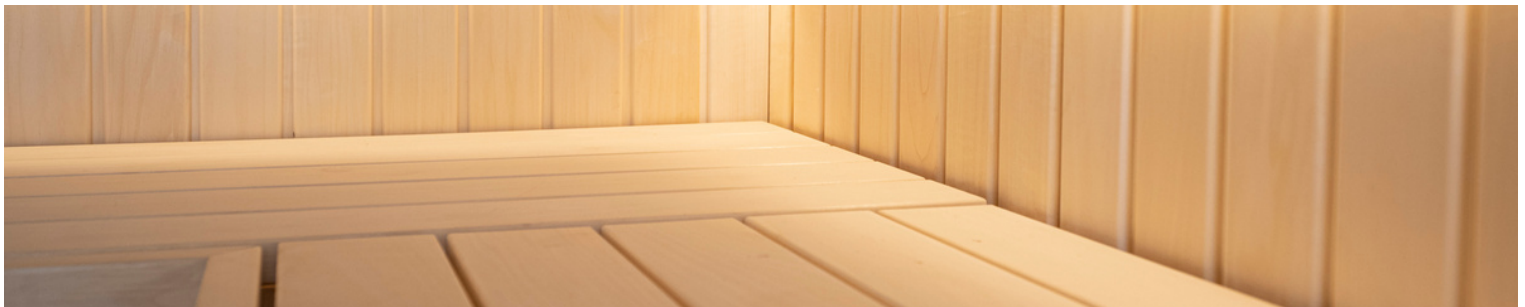
BREATH WORK & ICE BATH

A class with an empowerment ICE Bath experience. A session to help calm the nervous system and shift old energy that no longer serves you.

**From 6:30pm**

DINNER AT CAMDEN VALLEY INN

Dinner at Camden Valley Inn with your hosts, the perfect opportunity to connect and discuss all things business and mindset. Also a great location if you need accomodation overnight during the retreat.



# Day 2

## BUSINESS RETREAT MONDAY 17TH JULY



**8:30am - 11:30am**

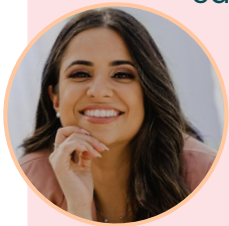
BUSINESS GROWTH SESSION WITH THE  
BATHHOUSE FOUNDER **ASHLEE LAURA**

A session that is customised for you, receive a 45min business unpacking coaching session prior to the retreat with Ash to help you identify the main pain points within your business and the area for growth. Ash will customise this session to give you the strategies and tools to move forward and implement new systems and strategies to take your business to the next level.

**11:30am - 1:30pm**

BATHHOUSE EXPERIENCE & LUNCH

Your time to unwind, reflect and enjoy the bathhouse facilities including a Sauna, Steam Room, Hydrotherapy Spas & Heated Magnesium Plunge Pool!



**1:30pm - 3pm**

IMMERSIVE REELS WORKSHOP  
**THE SOCIALISTA**

Learn from the Reel Queen herself! Gain an understanding of how to create Reels, build your brand and feel confident creating Reels. Monique will prepare 2 Reel concepts and split everyone into groups to create their Reels. Monique will assist each group, troubleshoot problems that come up and help them think outside of the box creatively with their Reels. 1:1 attention given to the attendees. Leave the retreat with 2 powerful reels to start attracting your dream clients.

**3pm - 3:45pm**

IMPLEMENTATION & STRATEGY SESSION

You will be guided and given time to plan out how you will take your learning's from the retreat and implement them into your business, team and life.

**3:45pm - 4:30pm**

OPEN Q & A SESSION

Finish off with an open Q&A session with our business coaches to help you feel prepared and ready to walk away feeling empowered and confident to take your business to the next level.

Secure a  
ticket

Book before 10th June  
**\$849pp**

# Early Bird

2 x Tickets for \$799pp (\$1598)

3 x Tickets for \$749pp (\$2247)

4 x Tickets for \$699pp (\$2796)

Pricing  
After 10th June  
**\$937pp**

scan  
here to  
book!

