

'Very special and different programme. The 2 nights away meant that I was able to fully immerse myself in the programme. I loved that we did not define ourselves with roles and organisations in our first meeting but this was unveiled once we had built up a relationship with people not roles'...

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'Unique special programme, nothing like it in the market place'...

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'The experiential part of the programme really worked for me, never had that experience in a programme before'....

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'I would highly recommend Satori to anyone needing time and space to reflect on what is important for them'...

'The content really allowed for thinking outside the box and small group allowed for great shared learning and I thought the sense of trust created so quickly was special'...

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'Overall, a wonderful opportunity to reflect on life and getting the most from how we live and "be". The setting was relaxing and icebreakers excellent on Sunday evening. Supportive, non-judgemental group of people, due to the people participating but also the tone and facilitation set by the facilitators'...

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#### CONTACT

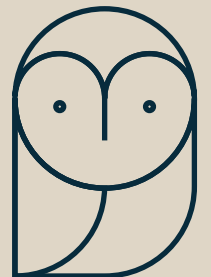
For further information or to book your place on the Satori-Experience please contact [eileen@duggancoaching.com](mailto:eileen@duggancoaching.com) or 00353-872337536.

# S A T O R I

## Personal Development Workshop

A two day Senior Female Leadership Programme will inspire confidence and empower change within you.

**What is holding you back from fulfilling your leadership potential?**



# WHAT IS SATORI

Satori-experience is specifically designed for female leaders to help you reflect and learn more about who you are and your relationship with others.

With powerful concepts and deep dive structured exercises, it is fully immersive requiring participants to be actively engaged in the workshop.

Experiential learning is the cornerstone of the Satori philosophy.

## CONTINUED SUPPORT AFTER THE PROGRAMME

- One to one Coaching
- Peer support with like-minded female leaders.

## KEY OUTCOMES & DELIVERABLES

- Time to reflect on your leadership journey and uncover the roles you play that prevent you getting the results you want.
- Feel inspired and empowered to overcome both internal and external barriers that stop you achieving your aspirations
- Confidence in who you are and what you can achieve
- Make self care and well being a priority and sustainable part of your future
- Build a network of like-minded female leaders to support you going forward.



The Satori-Experience has been created and developed by Eileen Duggan and Bairbre Meehan, they are experienced independent practitioners in the area of executive and leadership coaching, team dynamics and people performance. They both bring a depth of skill and passion to all their work. You can find out more on their LinkedIn profiles.

‘We designed this programme to enable you to slow down, experience and embrace more of who you truly are. This is an opportunity for you to invest in your journey, this journey belongs to no one but you.

Knowledge is only a rumour until it lives in the muscle. What you will learn on the Satori programme is only rumour until you start living it...’

# THE LOCATION

Lyrath Estate Hotel, Kilkenny has been chosen as the luxurious backdrop. An opportunity to come together in a luxurious surrounding with like-minded leaders to share experiences in a safe yet personal challenging environment.

It provides everything needed to re-connect with yourself and your relationship with others.

## DATES

26th January -  
28th January  
2020

## TIMING

Sun 6.30 -  
Tues 4.30pm



## PRICING

€2,925 excl. VAT – Organisational sponsored

€1,925 excl. VAT – Personally sponsored.

To include all course tuition, materials, hotel accommodation and meals and a 2 hour executive coaching session post programme.

There is a limit of 15 female participants.