

VES Women's Retreat

A perfect opportunity to reflect, revive and promote well-being.



May 28 - June 03, 2024



WELCOME

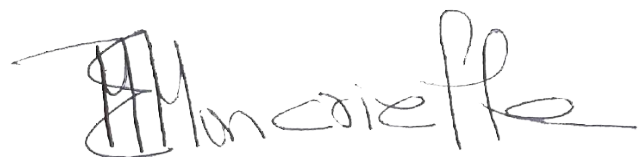
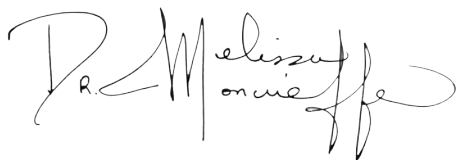
Come and join us in the unique country of Scotland where the summer air helps to refresh and revive, and where you will have fantastic days and tranquil nights to experience Scotland, with its history, friendly people, unforgettable vistas, and magnificent Lochs and Glens formed by glaciers more than 10,000 years ago. You will be enchanted by its capital city, Edinburgh, nestled by ancient and dormant volcanoes that created Arthur's Seat to the east of the city center as well as Castle Rock, on which the monumental 11th century Edinburgh Castle sits, with a view of the Firth of Forth. You will be received by surroundings that enliven and inspire.

Valued Educational Services (VES) has arranged for you to stay on an extraordinary 40 acres of private estate gardens, Carberry Tower Mansion, which has a main mansion and four lodges. We have secured three of the lodges, each with a fully equipped kitchen, living, and dining room. We have personally toured this property and find it to be grand and yet charming. Like Scotland, there is always history and stories to be told, and Carberry is no different as it has a "Royal connection with Her Majesty the Queen who often visited Carberry Tower with her sister, Princess Margaret."

Not only will this retreat leave you refreshed and revived, you will leave with new knowledge about so many inventions that have kept us alive and made our lives easier, all of which were invented by Scottish women and men.

Share this wonderful adventure with someone whom you care about—a friend, a mother, a daughter and/or a sister and create some beautiful memories that will last several lifetimes. We look forward to sharing Scotland with you!

Sincerely,



Dr. Melissa Moncrieffe, VES Director & Marcia Moncrieffe, Esq., VES Business Strategist

WE SUPPORT YOU

VES and our staff have planned each day of this special retreat with the utmost care—to include activities and rest that will help you reset from the bustle of daily life and become more introspective and appreciative of a balanced routine. Overall, this approach benefits your health and well-being. To ensure specialized attention and promote social connections, this retreat is open to only 20-23 attendees and will share with you tools, which will help you to become more self-aware, optimistic, and be your best self.

During the retreat, we provide ongoing and comprehensive support, meaning that not only are VES leaders managing and supporting the retreat from start to finish, but also we partner with health and travel experts such as a Yoga instructor, nurse and doctor, tourism companies, and hotel in order to ensure that your experience is of quality and worthy of your time. The retreat is led by Dr Melissa Moncrieffe and Marcia Moncrieffe, Esq.



Dr Melissa Moncrieffe is the Founder and Director of Valued Educational Services (VES), a global education company that provides presentations, life-coaching, and workshops for youth, young professionals, and families. VES's services aim to build soft skills, promote well-being, and guide participants through life transitions. VES is based in the UK and US and has been operating since 2018. Dr Moncrieffe has had experience working in the private, public, and research sectors of education and youth work for over ten years. She is passionate and excited about the work she does.



Long before I became a certified life-coach, a practicing attorney, and a wife, I found great joy in helping and mentoring people of all ages. As a mother of two adult children, I want to help women balance their many duties—family, work, school, community, etc.—by sharing how to make yourself a priority and remain supportive to family and friends. We live in a time when there are many challenges, I do not have all the answers, no one does, but I am willing to share some of the tools I have developed over the years to help you make the most of your days and do the things you enjoy.

I am Marcia Moncrieffe, Esq., born and raised in Jamaica, schooled in the US and the UK; I live in the US, and the world is my home. I write under the pen name, *Elizabeth George*, and I enjoy traveling, decorating my home, cooking, entertaining, and watching period films with my daughter.



This mini booklet is an excerpt from our full
VES Women's Retreat Booklet. For more information
about the retreat and/or to register, please contact us at
admin@globalves.com

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