



Ahora

Unique immersive rapid reset coaching breaks
in inland Andalucia, with ongoing support

Step into a space where time slows down and
finding fulfilment and purpose speeds up

2026



"I've never felt more deeply heard. With the Ahora retreat Charlie created a space for reflection that helped me make and connect insights, including time on top of a castle looking out at the most beautiful view of olive groves all around me!

As a result, I've moved from knowing how to support others to actually applying those skills to think about my own priorities and meet my own challenges.

At work, my presence, impact and resilience have all grown. The ongoing support has helped me step confidently into a wider portfolio.

I feel both grounded and optimistic catalysed by a very special four days of thinking about me for the first time in a long time"

Jill - a recent client
2025



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Ahora offers a rare opportunity to disconnect from the noise of everyday life and reconnect with what truly drives you.

Hosted by Charlie Keeney in the soul-stirring landscapes of Andalucia, these rapid reset breaks are designed to help you realign, reawaken and move forward with clarity and purpose.

Transformative 3-night breaks are carefully crafted to help you stand back, look out, gain clarity and shape the next stages of a life that feels truly meaningful.

With expert creative, compassionate and personalised coaching, enhanced by stimulating visits to UNESCO world heritage sites like the Alhambra in Granada and Cordoba's Mosque-Cathedral, wonderful local cuisine in the world capital of olive oil, you'll experience a new lens on life.

“

Feel good.

Do good.

Live fully.

Ahora is designed using evidence-based diagnostics and development tools, enabling you to:

- **Reflect** – reconnect with yourself and your values
- **Revitalise** – replenish your energy and spirit
- **Reframe** – break free from limiting perspectives
- **Reimagine** – envision new possibilities at home and work
- **Refocus** – sharpen goals for your personal and professional life
- **Renew** – step confidently into your next chapter



Is it time to take better care of yourself?

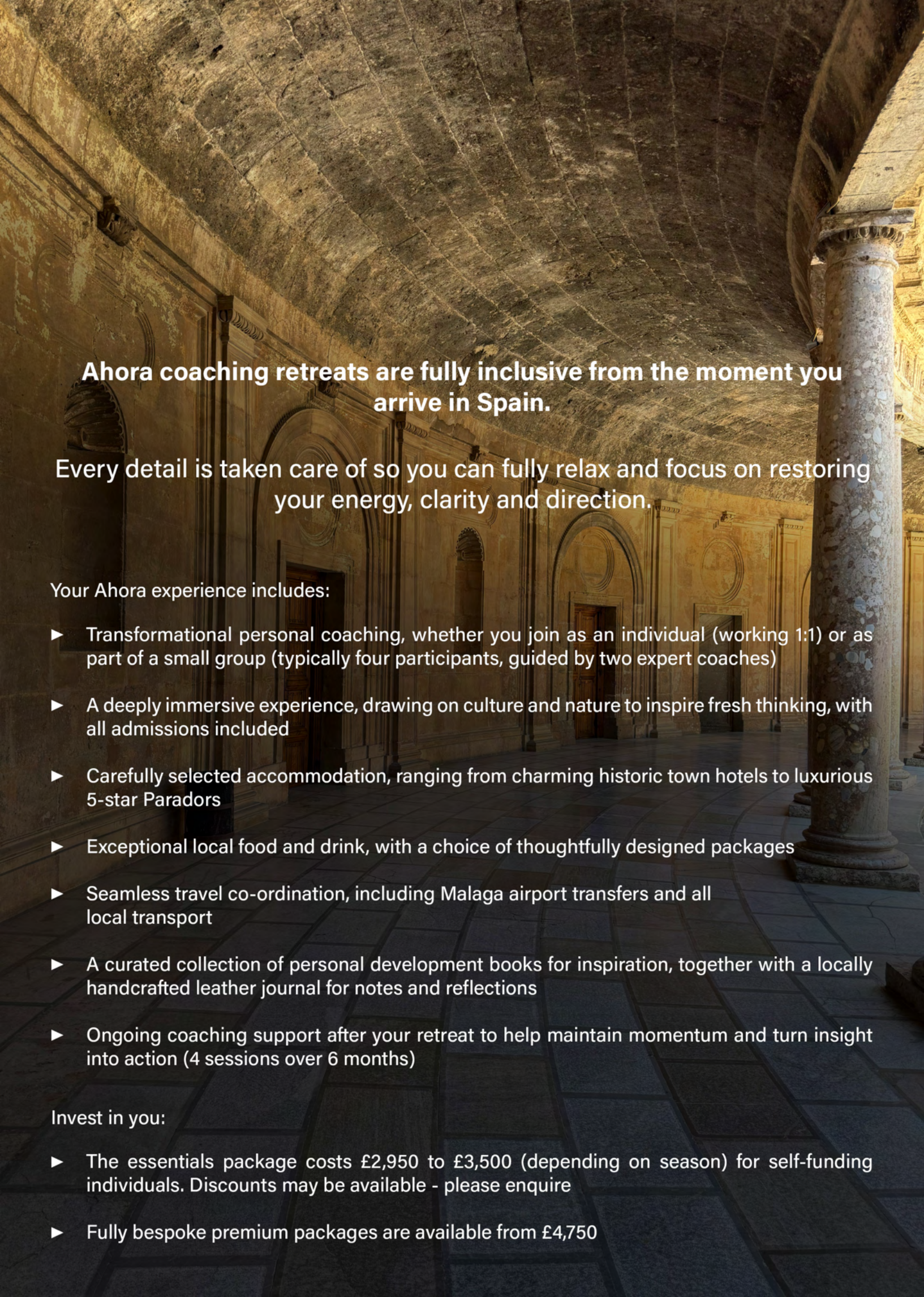
Is now the moment to pause, reflect and take purposeful action toward becoming the best version of yourself - both at home and at work?

Ahora supports individuals who may be experiencing challenges such as:

- ▶ Feeling stuck or navigating a period of transition
- ▶ Overwork, stress or burnout
- ▶ Self-doubt, a strong inner critic or imposter syndrome
- ▶ Appearing confident when advising, managing or leading others, yet struggling to prioritise your own wellbeing
- ▶ A desire for deeper meaning and fulfilment in both your personal and professional life

Ahora can also be fully customised,
making it an ideal option for small
team retreats





Ahora coaching retreats are fully inclusive from the moment you arrive in Spain.

Every detail is taken care of so you can fully relax and focus on restoring your energy, clarity and direction.

Your Ahora experience includes:

- ▶ Transformational personal coaching, whether you join as an individual (working 1:1) or as part of a small group (typically four participants, guided by two expert coaches)
- ▶ A deeply immersive experience, drawing on culture and nature to inspire fresh thinking, with all admissions included
- ▶ Carefully selected accommodation, ranging from charming historic town hotels to luxurious 5-star Paradors
- ▶ Exceptional local food and drink, with a choice of thoughtfully designed packages
- ▶ Seamless travel co-ordination, including Malaga airport transfers and all local transport
- ▶ A curated collection of personal development books for inspiration, together with a locally handcrafted leather journal for notes and reflections
- ▶ Ongoing coaching support after your retreat to help maintain momentum and turn insight into action (4 sessions over 6 months)

Invest in you:

- ▶ The essentials package costs £2,950 to £3,500 (depending on season) for self-funding individuals. Discounts may be available - please enquire
- ▶ Fully bespoke premium packages are available from £4,750



Now based in Spain, also regularly working across the UK, EU and online, Charlie enjoyed a near 30-year NHS career including director roles in local trusts and national bodies.

With world-class coach development training at Hult Ashridge Center for Executive Coaching and Warwick University, Charlie combines a track record of frontline delivery and the credibility of boardroom-level strategic expertise.

Following his own successful career, Charlie enjoys working with people at pivotal life points and is carving out a reputation for impactful personal coaching that empowers individuals to invigorate their purpose and reach new levels of fulfilment in life.

Charlie works as part of other coaching groups and is able to bring in inspiring and expert colleagues to support groups and team development.

Ethical practice is central to my work. I'm a member of two professional coaching bodies and abide by the global code of ethics.

I use supervision, invest in my continuous professional development and act upon client feedback to strive for excellence in my coaching work.

Diversity and inclusion really matter to me across my life and practice. I foster a respectful environment for clients and colleagues, truly valuing and empowering individuals.

I facilitate pro-bono and discounted support equivalent in value to 10% of annual profits, supporting unemployed individuals, those taking a break from work through physical or mental illness and people/teams working for non-profit organisations. Available by application.





Welcome and thank you for taking a moment to be here.

I chose to open this brochure with a recent client's words because they capture the essence of the Ahora experience far better than I ever could.

I created Ahora as something I once needed myself. During my own working life, I longed for the space to slow down, to step back from constant responsibility and to reflect honestly on what I wanted from both work and life and then to shape a future that truly reflected that. From the outside, I appeared successful and settled. Inside, I was depleted - burnt out, sometimes lonely despite being surrounded by people and neglecting much of what mattered most.

In 2022, I made a series of decisions that profoundly changed my life. I'm now healthier and more fulfilled than I've been in a long time.

Perhaps you're seeking time and space to pause, to think clearly and to reconnect with what truly matters for you?

I've stood exactly where you are now and I would be honoured to walk alongside you as you build your own insights and shape a future that's truly meaningful to you.

If you're curious, I invite you to get in touch for a relaxed, no-obligation conversation. I can offer a complimentary session to explore whether I'm the right coach for you and if Ahora or another of my coaching programmes could support you at this point in your life.

I look forward to connecting with you, Charlie



Charlie Keeney
COACHING
ckcoaching.info

**"One thing we have in common
is that we are all searching
for meaning"**

Hector Garcia and Francesc Miralles




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ckcoaching.info