


Charlie Keeney
COACHING

Ahora

A unique immersive personal coaching retreat in the heart of Andalusia, Spain - The **Córdoba** experience



Three nights. Profound work.
Complete restoration.
The pause that changes everything.



From the columns and vastness of the Mosque-Cathedral to quiet courtyards that encourage thoughtful conversation away from the noise of everyday life, **Córdoba** provides an inspiring environment for deep thinking and personal insight.

With its unique heritage and intimate scale, Cordoba is the perfect setting for inspired personal growth. Beautiful corners and warm light meet unhurried pace and sensory richness for the eyes, palate and soul.

If Barcelona and Madrid are the face of Spain, Córdoba is its soul...



Córdoba is packed with treasures like the Moorish manor-like Palacio del Bailo hotel, where breakfast is taken in a bright atrium with glass floor looking down into the ruins of a Roman villa, through to the gourmet gem of Noor, a Michelin 3-star beacon for the very best of Andalusian cuisine.



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 your
personal and
professional goals

Renew

Step confidently
into your next
chapter



Few places in the world offer as much as **Córdoba**. Standing inside the Mezquita beneath a thousand years of history, it's impossible not to feel the smallness of our daily preoccupations and the largeness of what life could be. That is precisely why I bring my most discerning clients here.

Ahora was born from my own reckoning. After three decades at the highest levels of UK healthcare, I enjoyed career success yes, but was I fulfilled across life? Not nearly enough. I looked honestly at what I wanted and built a life that truly reflects that.

What I offer you is not a retreat in the conventional sense. It is four days of exceptionally focused, deeply personalised coaching held within one of the most intellectually and spiritually stimulating settings on earth. From the architecture to the remarkable local food, none of this is backdrop. It is all, deliberately, part of the work. Beauty and history have a way of loosening the grip of habit, of inviting the kind of honest thinking that a busy life rarely permits.

My training at Ashridge and Warwick, combined with a thirty-year leadership career, means I understand the world you inhabit. The weight of responsibility. The difficulty of prioritising yourself.

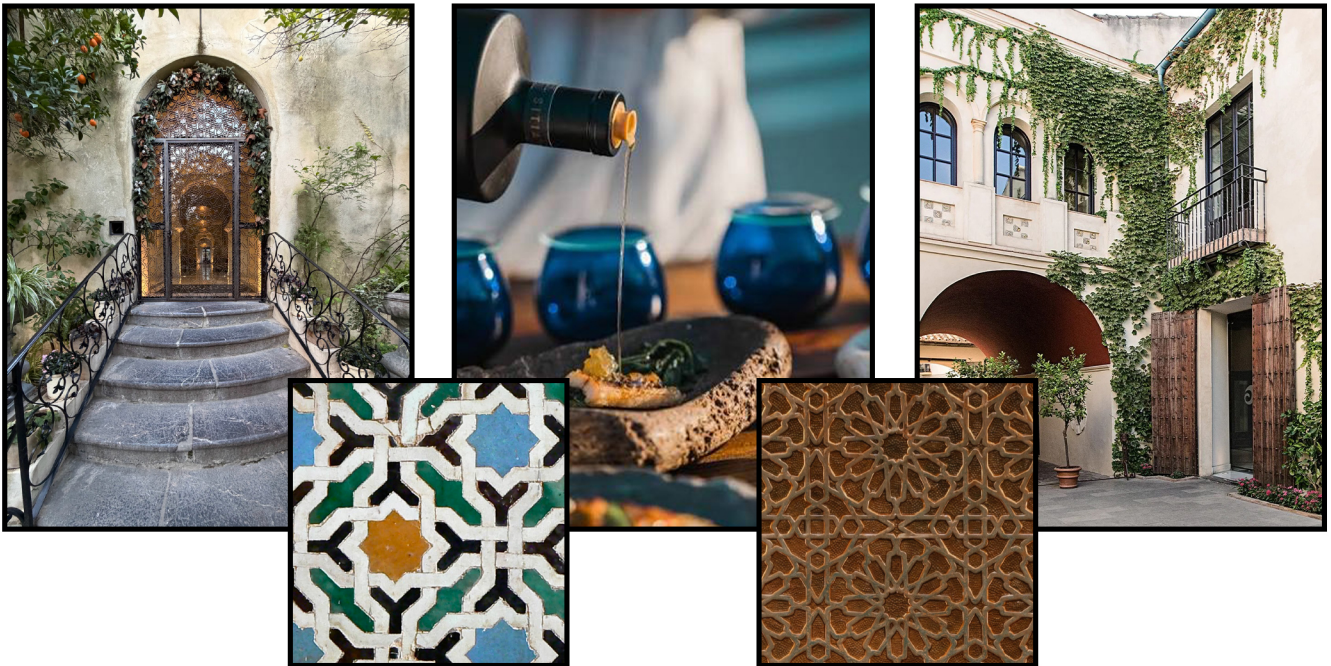
I work with a very small number of clients at this level. Every element of your Ahora experience is designed entirely around you, with care.

If something in these pages has stayed with you, I would be honoured to have a conversation about whether this might be the right 'Ahora' moment for you, Charlie



You'll recognise yourself here if you're....

- ◆ Seeking greater purpose, alignment and fulfilment in both life and work
- ◆ Craving space and time to slow down, reflect and reconnect with what matters
- ◆ Navigating a major life or career transition
- ◆ Feeling exhausted, overextended or emotionally depleted
- ◆ Struggling with self-doubt, imposter syndrome or perfectionism
- ◆ Constantly supporting others while neglecting your own needs



“This gave me something I didn't think was available to me anymore, time that was entirely mine, held in a place of quite extraordinary beauty.

Charlie's coaching was deeply personal, challenging and yet I never once felt exposed or unsupported. By the end something had genuinely shifted, with a fundamental clarity about what I want.

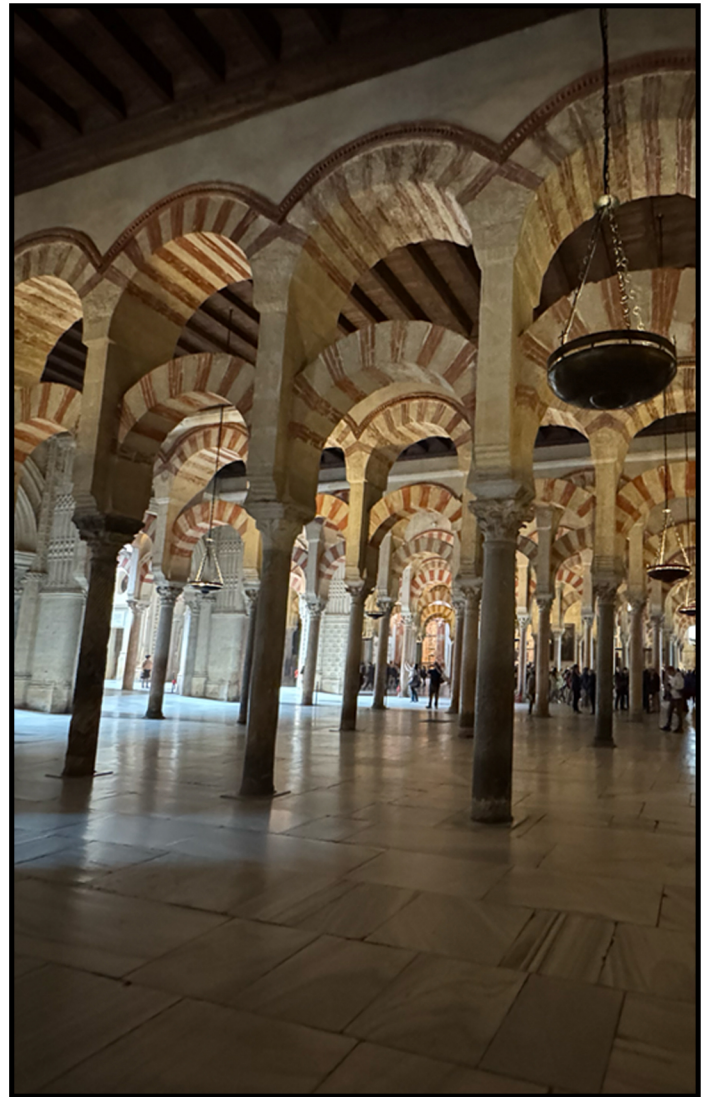
The follow-on support mattered. Charlie made sure my work had real roots as I made changes that mean I'm more fulfilled across life than I can remember and I don't say that lightly”

- Recent client: Michael S, Financial Services Director

The Mosque–Cathedral of Córdoba is one of world's most extraordinary cultural and architectural landmarks. Recognised as a UNESCO World Heritage site, one of four in Córdoba - the most for any city in the world - it is a place where centuries of Islamic and Christian history coexist under a single roof. A compelling fusion of Moorish and Renaissance design, its forest of red-and-white arches, intricate geometric detail and cathedral nave at its centre make it unlike any other building.

A symbol of dialogue, transformation and enduring legacy, the Mosque-Cathedral offers a unique backdrop for powerful coaching breakthrough. Its atmosphere invites reflection, perspective and clarity, qualities essential for effective leadership and whole life fulfilment.

The building embodies themes that resonate with clients navigating complexity, integrating different identities, balancing tradition with innovation and creating harmony from contrast.



All-inclusive from the moment you land at Malaga airport, the Ahora premium package features:

- ◆ Transformative 1-2-1 coaching
- ◆ Cultural immersion with visits to world-renowned heritage sites
- ◆ Handpicked 5★ accommodation
- ◆ Exceptional food and drink with evening dining at Michelin and Repsol rated restaurants
- ◆ Seamless travel with all logistics taken care of
- ◆ Tailored resources to support growth including locally handcrafted leather journal and book selection
- ◆ Follow-on coaching support over the next 6 months to ensure your insights and actions take root

The full Ahora Córdoba experience from £4,750

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