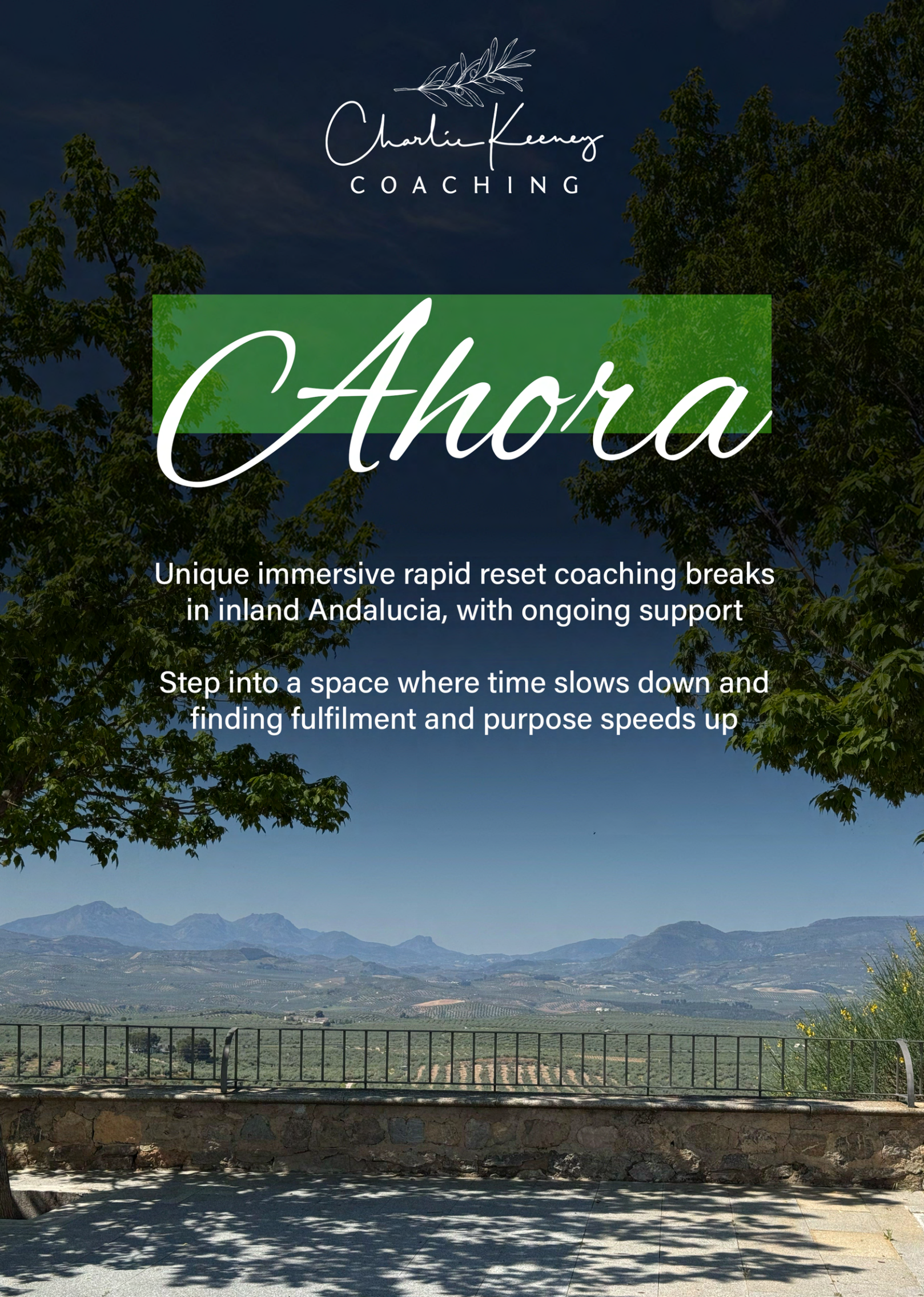
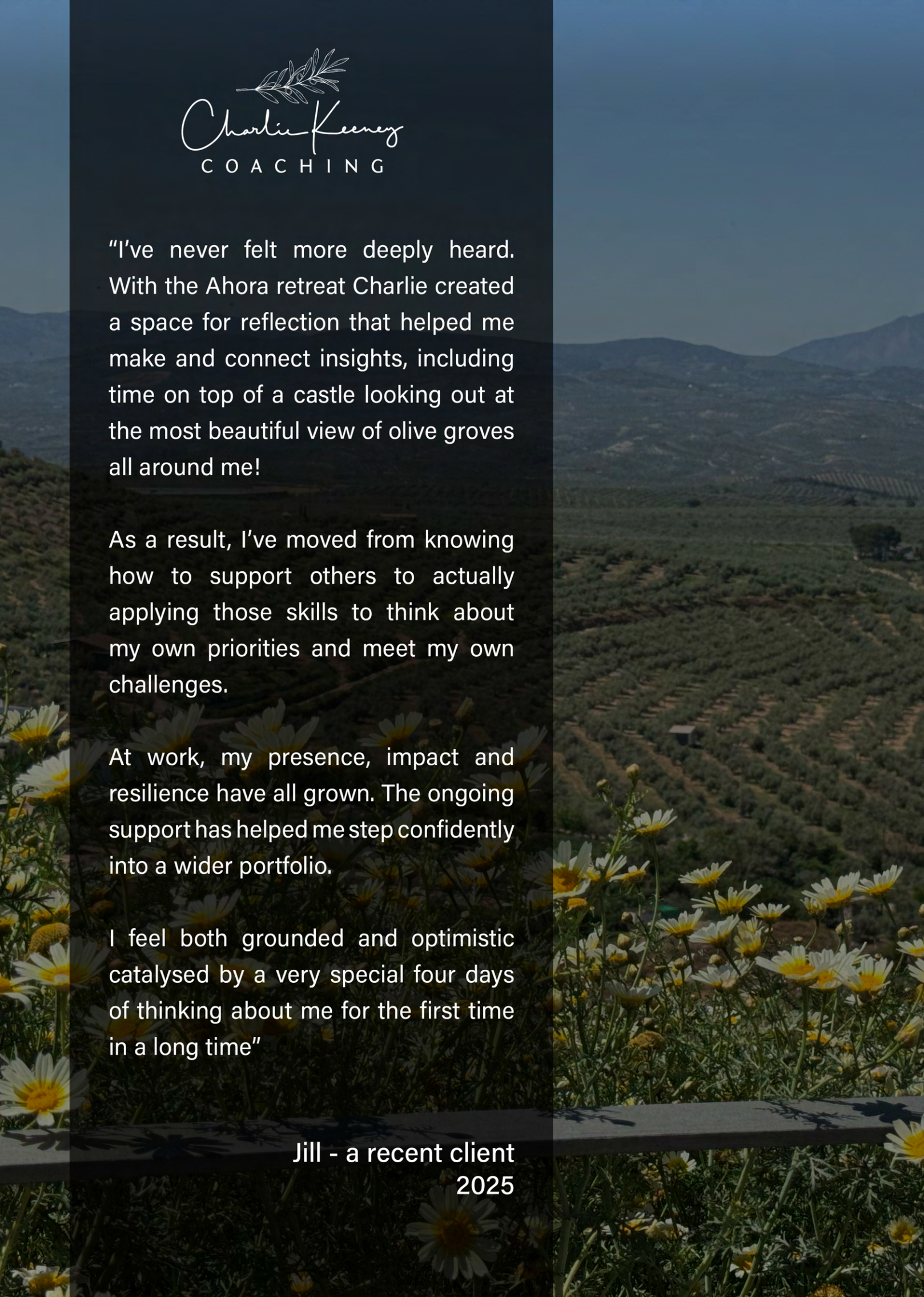

Charlie Keeney
COACHING
Ahora
Unique immersive rapid reset coaching breaks in inland Andalucia, with ongoing support
Step into a space where time slows down and finding fulfilment and purpose speeds up



Charlie Keeney
COACHING

"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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Charlie Keeney
COACHING

ckcoaching.info



Ahora offers a rare opportunity to disconnect from the noise of every day 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.

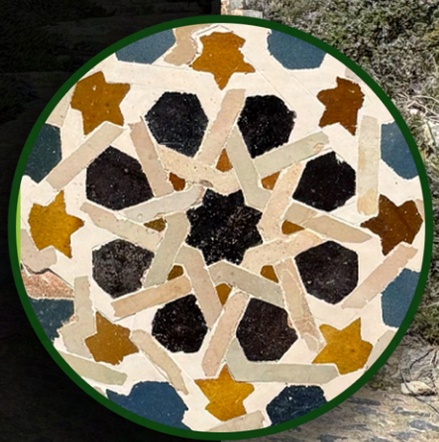
Transformative 3-night breaks are carefully crafted to help you stand back, look out, gain clarity and shape the next stages of a life that feels truly meaningful.

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?

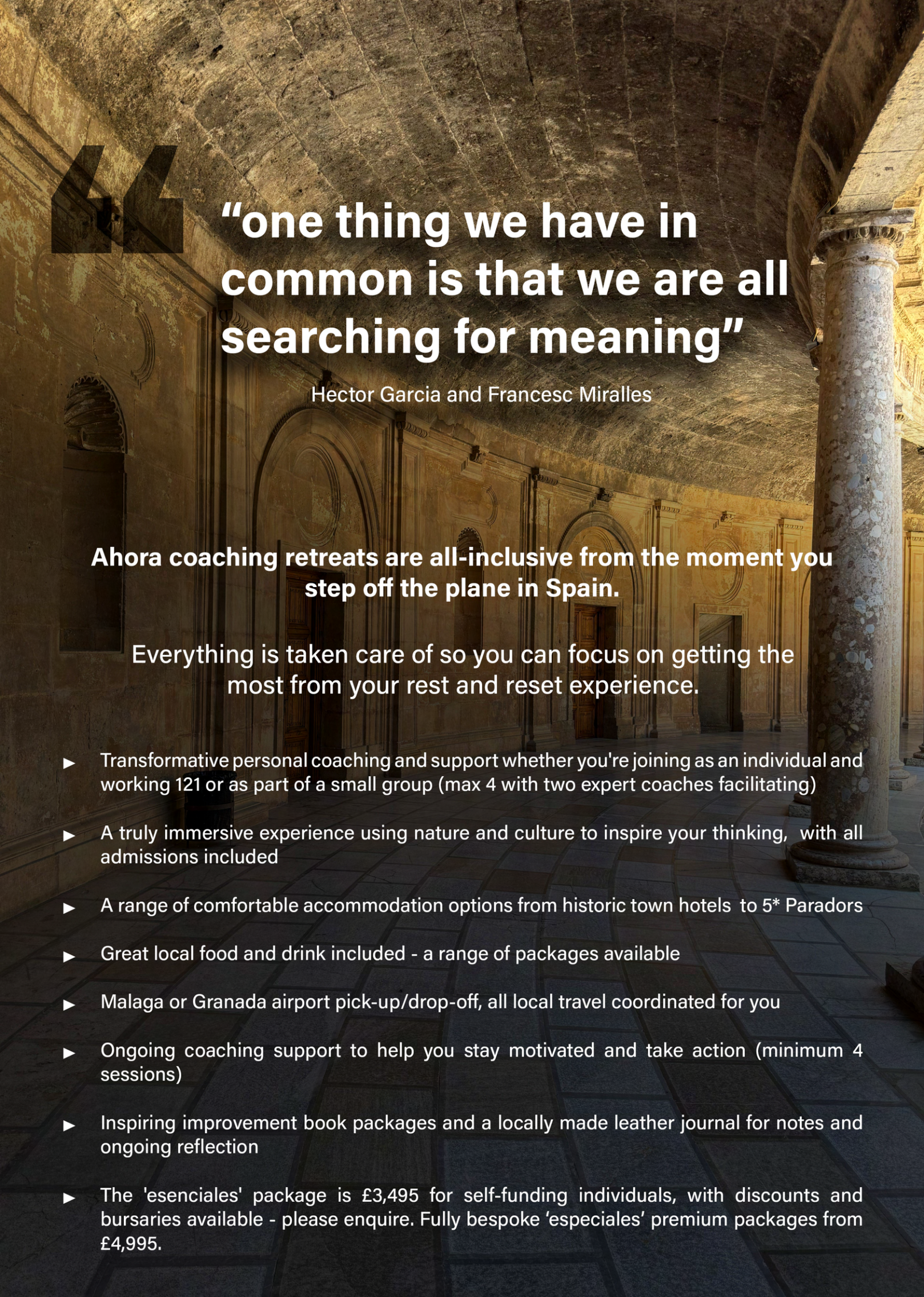
Is it time to think, plan and take action to be the best version of yourself at home and work?

Ahora works for individuals who may be experiencing any of these issues that clients raise:

- You feel stuck or are in transition
- You're experiencing overwork or burnout
- You question your own abilities, experience the inner critic or imposter syndrome
- You portray confidence when advising, managing and leading others, but not as good at looking after yourself
- You crave greater meaning and fulfilment in your personal and professional life

Fully customised versions of Ahora provide a great opportunity for small team retreats too





“one thing we have in common is that we are all searching for meaning”

Hector Garcia and Francesc Miralles

Ahora coaching retreats are all-inclusive from the moment you step off the plane in Spain.

Everything is taken care of so you can focus on getting the most from your rest and reset experience.

- Transformative personal coaching and support whether you're joining as an individual and working 121 or as part of a small group (max 4 with two expert coaches facilitating)
- A truly immersive experience using nature and culture to inspire your thinking, with all admissions included
- A range of comfortable accommodation options from historic town hotels to 5* Paradors
- Great local food and drink included - a range of packages available
- Malaga or Granada airport pick-up/drop-off, all local travel coordinated for you
- Ongoing coaching support to help you stay motivated and take action (minimum 4 sessions)
- Inspiring improvement book packages and a locally made leather journal for notes and ongoing reflection
- The 'esenciales' package is £3,495 for self-funding individuals, with discounts and bursaries available - please enquire. Fully bespoke ‘especiales’ premium packages from £4,995.



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 professional member of the Association for Coaching and abide by the Global Code of Ethics.

I use supervision, invest in my continuous professional development and use 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 voluntary organisations. Available by application.





Hi! Thank you for taking a moment to read this brochure. I started with a testimonial from a recent client because their words capture the impact of this experience so well.

I created Ahora as something I wish I'd had while working – to prompt me to slow down, care for myself, reflect on what I truly wanted from life and work and then make it happen.

I made some bold decisions in 2022 that transformed my life. Three years later I'm happier and healthier than I've been in years. In a recent LinkedIn post I shared how I used to look outwardly successful but was running empty on the inside. Despite being surrounded by people, I was lonely, burnt out and neglecting what mattered most.

Maybe you can relate? Perhaps you just need time and space to pause, reflect and think about the future? I've been there and I'd love to help.

Get in touch for a no-strings conversation. I'll happily facilitate a free one-hour session to help you decide if I'm the right coach for you and if Ahora or my other coaching services could support you.

I look forward to connecting with you soon, Charlie

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COACHING

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