

The INNER COMPASS *of conscious leadership*



Leadership begins with self-awareness

The Inner Compass Retreat is an experiential journey towards self-discovery, intuition and conscious leadership. It helps leaders understand themselves more deeply and increase the positive impact they have on others.

WHO IS IT FOR?

The Inner Compass Retreat is designed for people at all levels of leadership or management who desire to understand their inner self better. It is for all leaders who wish to be as authentic and purpose driven as possible and lead beyond the ego.

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While I struggled to explain the effect that this retreat has had on me, the people in my life can feel it. At work and privately I am calmer and more focused on making meaningful and lasting impact, rather than getting worked up about short term grievances.

CEO, AUTOMOTIVE INDUSTRY



THOR ÓLAFSSON

Leadership Coach, Bestselling Author | Founder of Strategic Leadership

As a globally operating leadership coach and trainer, his foremost area of speciality is to coach senior teams on the combination of Strategy, Structure and Leadership.

Thor is passionate about bringing Conscious Leadership to the mainstream through his Inner Compass of Conscious Leadership retreats. He is also the bestselling author of *Beyond Ego – The Inner Compass of Conscious Leadership*.



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*A deeper you.
A more conscious leader.*

YOUR INNER COMPASS JOURNEY

Three days, a lifetime of perspective

01

Truth & Awareness

Discover more about who you really are and become increasingly aware of your strengths and shadows

02

Purpose & Intention, Humility & Trust, Forgiveness

Learn what might be preventing you from being your most impactful self and set your purpose driven direction

03

Passion & Gratitude

Reflect on how to use your new self-knowledge to become a more conscious leader

HOW THE PROGRAMME WORKS

-  A psychometric test is taken prior to the retreat
-  2.5 day intense, transformational immersion retreat
-  Highly experiential path towards self-discovery, exploring strengths, weaknesses, desires, fears
-  Variety of mindful exercises – such as yoga, meditation and relaxation to proactively change the state of mind and develop stillness, clarity and insight

WHAT IS INCLUDED?

-  2.5 days of seminar work
-  2 x 50 minute yoga sessions
-  All home made meals and refreshments
-  All workshop materials inc. personality test and notebook



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