



**EMMA
SOMERS**

CONNECT | REFLECT | ALIGN

MAKE SPACE FOR WHAT MATTERS

Intentional time for leaders
and teams to step away,
connect and move forward.

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TEAM AWAY DAYS

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TEAM AWAY DAYS

Time away from the day-to-day to focus on the team and how you work together.

Teams don't stand still. They form, grow and change. People join and leave. Priorities shift. Sometimes relationships become strained or ways of working that once were effective no longer serve you. Even when things are going well, it's important to keep making the time and investing in what makes your team strong.

I design and facilitate calm, intentional days where people can step out of the everyday, have the conversations that matter and strengthen how they work together. Every away day is designed around three different moments in a team's journey, whether you're starting out, need a reset or want to keep building on what's working well.

FROM AWAY DAY TO EVERY DAY

Because the value isn't just in what happens when you step away.
It's in what changes when you go back.

PLACE MATTERS TOO

Stepping away from your usual working environment provides perspective and can help you think differently. I encourage teams to meet in calm, neutral spaces, with opportunities to get outside, move, talk and create a different pace for the day.

A photograph of a forest floor covered in bluebell flowers, with tall trees in the background. The image is used as a background for the bottom half of the page.

“What has impressed me most is the lasting impact of the workshop. The team continues to refer back to what we learned and apply it in our day-to-day interactions.”

READY TO CREATE SPACE FOR WHAT MATTERS?

Let's chat about what your team needs.

DISCOVER YOUR TEAM AWAY DAY

Three different days, shaped around where your team is now and what you want to achieve, together.

01 THE STRONG START

For new or changing teams who want to build strong foundations - strengthening connection, developing shared understanding and getting clear on how they want to work together.

02 THE HONEST RESET

For teams where trust, relationships or ways of working have become strained. Space to understand what's happening beneath the surface, reconnect and agree how you want to move forward together.

03 THE PURPOSEFUL PAUSE

For established teams who want to keep investing in what makes them strong. A chance to step away from the day-to-day, reflect on how you're working together, build on your strengths and intentionally shape what comes next.

BEYOND THE AWAY DAY

If your team would benefit from continued development, we can build on your away day with a longer-term programme shaped around your team's needs.

Let's create space for what's next.

THE STRONG START

The Strong Start is a one or two-day offsite workshop for newly formed teams to make space to create the foundations for high performance. It's ideal following a restructure or when mobilising a project. It provides a space away from the day-to-day to build strong relationships, get clarity on the team's shared purpose and align on ways of working.

“Emma helped us build meaningful connections, develop a shared understanding of who we are as a team, and align around a common vision and direction.”



WHAT TO EXPECT

Over the course of the workshop, we'll use a mix of reflection, conversation and practical activities to explore:

- The person behind the role
- Strengths, communication styles and preferences.
- Shared purpose, priorities and what success looks like
- The behaviours that build trust and support collaboration
- Agreed ways of working and shared commitments.

WHAT YOU'LL LEAVE WITH



Stronger connection and understanding

People have a better understanding of what everyone brings beyond their roles.



Clear expectations and alignment

Clarity about why the team exists, what matters and what you're working towards together.



More intentional ways of working

Shared agreements for how you'll work, with everyone playing a part in creating the team culture.

THE HONEST RESET

The Honest Reset is a team coaching journey inviting you to step away from the day-to-day, look honestly at how the team is working together and reset what needs to change. It's designed for leadership teams who know something isn't quite working, or have fallen into unhelpful patterns that are impacting collaboration, and are ready to have the conversations that will help them communicate openly and work together more effectively.

"We now have a strong understanding of each other, and the confidence and openness to navigate future differences constructively."



WHAT TO EXPECT

We start with understanding your team and what's happening now. We listen, observe and notice the patterns.

We'll build a greater understanding of individual preferences, needs and approaches to conflict, and agree practical steps for how you'll move forward together.

It's not a one-off workshop. We'll agree the timeframe and approach based on where your team is today, and where you want to get to.

WHAT YOU'LL LEAVE WITH



More openness and honesty

Issues that were avoided and under the surface are aired openly and constructively and result in a clear way forward.



Greater understanding and trust

People better understand one another's perspectives, intentions and needs to strengthen relationships.



Healthier team culture

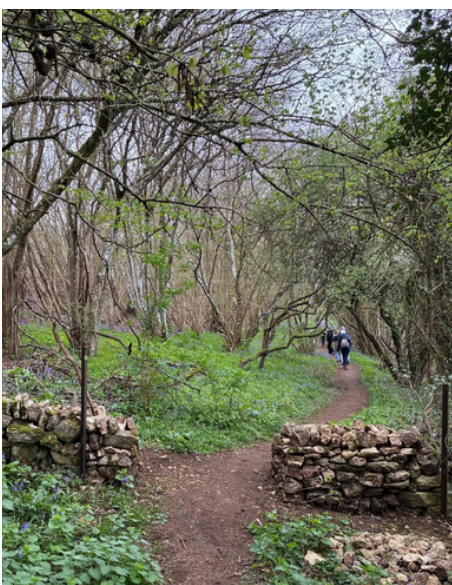
Intentional shifts that make collaboration easier, the team more effective and work more enjoyable.

THE PURPOSEFUL PAUSE

The Purposeful Pause is a one or two-day offsite workshop for established teams who are working well together and want to keep investing in what makes them strong.

It provides a space away from the day-to-day for teams to pause, reconnect and keep developing how they work together.

“Our team day has strengthened our understanding of one another and helped foster a stronger sense of team spirit.”



WHAT TO EXPECT

Every Purposeful Pause is tailored to what your team needs, using a mix of reflection, conversation and practical activities.

Depending on what your team needs, we might focus on:

- Individual preferences, team strengths and dynamics
- Your ways of working
- Your shared purpose, priorities and direction
- Space to think and plan together about what's ahead

WHAT YOU'LL LEAVE WITH



Renewed connection and energy

Time together to reconnect, strengthen relationships and bring fresh energy to the team.



Fresh clarity and perspective

Space to lift your heads, look ahead and give attention to what can get lost in the day to day.



Actionable, intentional shifts

Practical ideas and changes that help you keep strengthening how you work together.

LET'S EXPLORE

I use a range of tools and frameworks to build self-awareness, deepen understanding and strengthen how people work together. I'm qualified in both Insights Discovery and Motivational Maps, which help open up richer conversations and new insights for individuals and teams.

Both tools can be used individually, with leaders or with teams as part of an away day or wider team development.

INSIGHTS DISCOVERY

Insights Discovery is a simple and accessible four-colour model that helps us to understand ourselves and others.

It gives teams a shared language that's easy to understand and remember, helping people communicate, adapt and work more effectively together long after the workshop has finished.



MOTIVATIONAL MAPS

Motivational Maps is a tool that explores nine core motivators and identifies what gives you energy, what matters to you and what helps you do your best work.

It helps you understand what really drives you, how well those needs are currently being met, and where you might want to focus your attention.





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SPACES FOR YOU

Time away from the day-to-day to focus on you and what you need.

Leaders and business owners carry a lot. Responsibility for their team, their work and their clients, and that's just the work stuff. Then you have everything else life throws on top. You need space too. Whether you need protected time to focus, an hour to step away and think clearly, or a whole weekend to slow down, reconnect and have some space for you.

My Spaces For You give you time to focus on you and what you need.

PLACE MATTERS TOO

We don't always do our best thinking in the places where we always work. Sometimes creating space means stepping away from what you're doing. Other times, a change of environment can bring fresh energy and a different perspective.

That's why where and how we meet is intentional too. Whether that's online to fit with your schedule, over a coffee, out walking or somewhere that gives you a real break from the everyday.

A row of colorful beach huts in various shades of blue, green, and white, set against a clear blue sky. The huts are situated on a sandy beach with some seaweed in the foreground.

“Emma’s energy, expertise, and ability to connect with people made the experience both memorable and impactful.”

READY TO CREATE SPACE FOR WHAT MATTERS?

Let's chat about what you need.

DISCOVER SPACES FOR YOU

Four different ways to create the space you need to find clarity, connect and step away from the everyday.

01 THE RESET HOUR

A one-to-one session designed to help you pause, gain clarity, and focus on something that needs your attention. It's not traditional coaching. It's intentional time to think.

02 STRONG START MONDAYS

Online coworking to start the week with focus and intention, and with the support and encouragement that comes from working alongside others.

03 WALK WITH ME

A gentle, monthly walk in nature with space to chat, connect and come away with more clarity.

04 THE WEEKEND GATHERING

A weekend away with like-minded women to slow down, reconnect and create space for you.

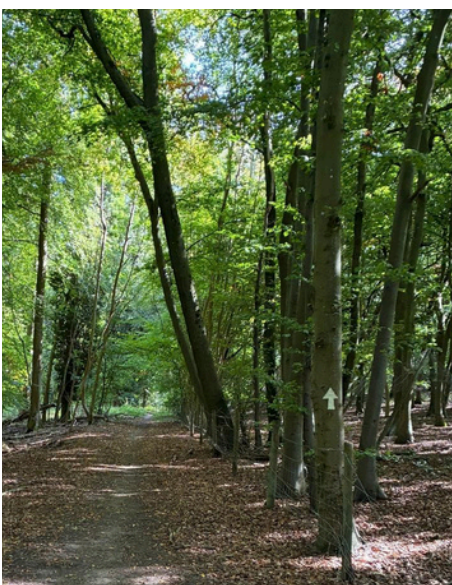


THE RESET HOUR

The Reset Hour is a one-to-one session designed to help you pause, gain clarity, and focus on something that needs your attention. It's not traditional coaching. It's intentional time to think.

Half and full-day reset options are also available, given you more time to step away, think deeply and spend more time exploring the things that need your attention.

"Emma gave me space to be curious and explore things without any pressure to have it all figured out".



WHAT TO EXPECT

Bring whatever is taking up space in your head and we give it some room. There's no predetermined agenda, model to work through or outcome you need to achieve. Just a calm, confidential space to explore what's on your mind.

They're designed to help you create space in your everyday, so we'll find a way that works around your schedule. That might be online, over a coffee, or stepping out for a walk - together, or on the phone.

WHAT YOU'LL LEAVE WITH



Clarity

Space to untangle your thoughts and see what really needs your attention.



Perspective

Helping you see things differently and focus on what matters.



A way forward

Greater confidence about what comes next with clear next steps.

STRONG START MONDAYS

Strong Start Mondays is a welcoming online coworking space designed to help you start the week with focus and intention.

It's a space for anyone who values protected time to get stuff done, in good company. Whether you're running your own business, leading a team, working remotely or simply have something that needs your attention, you're welcome.

"Just what is needed to switch gears from the weekend and start the new week on a strong footing"



WHAT TO EXPECT

We meet between 10am–12pm on Teams. You can stay for the full two hours, or join just for one. Whatever works for your day.

We work alongside each other in two focused blocks. We start each one by checking in and setting our intentions, before getting to work in supportive, silent company.

At the end of the block, we come back together, check in on our progress and decide what we want to focus on next.

WHAT YOU'LL LEAVE WITH



Progress

Dedicated time spent moving something important forward.



Focus

Having started your week with intention rather than simply reacting to what's landed.



Connection

Energy and encouragement that comes from working alongside others.

WALK WITH ME

Walk with Me is a free monthly walk at High Woods Country Park in Colchester, meeting at 10am on the last Friday of every month. It's a chance to step away from the desk, get outside and spend time with other local founders, leaders and people navigating working life.

If you're local, pop the last Friday of the month in your diary and walk with us.

"It's a wonderful way to get fresh air, exercise, meet people and have great conversations."



WHAT TO EXPECT

- We meet in the car park, make some quick introductions and then head off together for around an hour at a gentle pace.
- Conversations happen naturally as we walk, sometimes about work or business, sometimes life, and often a bit of both.
- It's not a hike and all abilities and dogs are welcome.
- There's free parking, and our route passes the Visitor Centre, where you'll find toilets and a café.
- Wear comfortable footwear and dress for the weather as paths can get very muddy in the winter.

WHAT YOU'LL LEAVE WITH



Connection

Time spent getting to know other people in a relaxed and natural way.



Fresh perspective

A little space away from your usual surroundings to think, talk and see things differently.



Renewed energy

From getting outside, moving your body and spending time in good company.

THE WEEKEND GATHERING

The Weekend Gathering is an escape to a beautiful house in the UK, surrounded by countryside and nature, shared with a small group of like-minded women.

It's a space to put down the load for a while and create some space to pause, reflect and reconnect with what you need.

"I came away feeling clearer, lighter and with a much better sense of what matters to me".



WHAT TO EXPECT

This isn't a weekend of workshops and a packed itinerary. It's lightly hosted by me with a gentle rhythm and space and time for you.

You can expect:

- Time to think, journal, or focus on something important to you
- Time to slow down, rest and do less.
- Time to step outside and walk, wander, and notice.
- Connection, conversations and shared meals.
- Guided reflection and activities.

WHAT YOU'LL LEAVE WITH



Rested and renewed

Time to slow down, recharge and refill your cup.



Clarity and perspective

Space to think, reflect and reconnect with what matters.



Connection and friendship

Meaningful conversations and shared experiences.



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HI, I'M EMMA



WHY I DO THIS

I believe we need more space and connection in today's busy, disconnected world.

So much of our working lives is spent moving from one thing to the next. Deadlines, decisions and demands that leave little room to pause, think clearly, or connect with the people around us.

That's why I create intentional spaces for people to step away from the everyday, reconnect and focus on what matters.

I'm a change leader turned leadership team coach and facilitator. I spent my career building, developing and leading teams, and learned that the strongest teams weren't just clear on their roles, responsibilities and direction of travel. They spent time together, understood and cared for each other and made space for honest conversations.

That belief runs through everything I do, from team away days and one-to-one thinking space to gatherings that bring people together in nature. Different spaces with the same intentions - greater clarity, stronger connection and a more human way of working and living.

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