



# HEAL IN NOOSA

## *Retreat*



EARLY BIRD SPECIAL

**\$500**

OFF FULL PRICE  
AVAILABLE TILL 20  
APRIL 2021

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# HEAL IN NOOSA

## Retreat

*Unlock your unique code and discover your best self*

Do you need time to recover and heal? Are you ready to re-charge, re-energise and become the high-performing individual you truly are?

Join me and other like-minded female professionals at my Heal in Noosa Retreat. This revitalising retreat will be held at the luxurious five-star Peppers Noosa Resort in Noosa Heads, Queensland, from 4pm Saturday, 5 June, to 2pm Thursday, 10 June, 2021.

### Tired, unsure, lost? You're not alone

The past year has been chaotic for so many of us. High-performing women are facing unprecedented pressures from all directions. As a result, their confidence and ability to achieve have taken a significant hit.

#### Can you relate to the following challenges?

- You feel that if only you could find your “unique hidden code” to unlock your best self, life would be so much easier.
- You lack time, energy and clarity to get on with your life.
- You know you need to make some changes and prioritise yourself before you fall off the bandwagon, but you feel paralysed.
- You wonder whether you deserve to be the high-performing individual you are, and sometimes, you even self-sabotage your efforts.
- You have lost direction and need to find clarity to increase your energy and vitality.
- You need some space to simply be, to take time out from your busy life and career to heal.

If you can relate to any (or all) of the above, you are not alone. It's common for high-performing women to have fears around being their best selves. It can prevent you from achieving more, but the good news is, you can turn this around.

The Heal in Noosa Retreat is a space for you to relax, unwind and heal. You will discover ways to “unlock your unique code” and become that high-performing woman. Step into your personal power and be your best self with increased energy and vitality as you build a rock-solid foundation!

*Here's what you will experience, feel and enjoy at the retreat ...*

# ITINERARY

**Arrival:** Welcome drinks and canapes. Meet the other ladies on the retreat and relax with a drink, knowing that you will be taken care of in a safe place where you can heal, unlock your unique code and step into your personal power.

**Day 1:** Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Ease into the day gently as you unwind, let go of your baggage and become immersed in the retreat program. Today is about helping you enter a simplified state of being by removing all the noise. By prioritising your health and wellbeing, you will discover and own your personal power.

We will walk through the five steps of unlocking your unique code. This code will free you from your fears around achievement and success. We will explore how a solid sense of self increases clarity, energy and vitality, so you can go from feeling lost to exploring all your possibilities. Your code will reveal your rock-solid identity, helping you find balance in mind, body and soul.



**Day 2:** Morning walk/ meditation/ swim/ gym session, followed by a nutritious breakfast to feed your soul. Today, we will introduce and explore the Usui Reiki 1 healing history, practice and attunement. This will provide you with foundational energy so you can start to access your higher self and heal. Reiki is the core tool for unlocking your unique code, raising your vibration and enabling you to transform from unsure to confident.



**Day 3:** Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Following yesterday's Reiki 1 attunement and healing, you are now ready to set your goals and create your vision board. This process will be supported by gratitude and forgiveness practices. As you create your vision board, I will infuse it with your intentions and Reiki symbolism, bringing it to life with purpose and clarity.

**Day 4:** Morning walk/meditation/swim/gym session, followed by a nutritious breakfast to feed your soul. Now that you are gaining a clearer understanding of who you are and where you need to go in your life and career, we will explore your personal development tools (using chakras, pendulums, crystals, tarot cards, etc.). We will journey deeper and strengthen your intuitive side, exploring the key components that will assist you on your healing journey. By understanding the role self-compassion plays in shifting your mindset, you will learn to focus inward, honour your worth and prioritise your journey.



Our work so far has set in motion a simplification process where the baggage you no longer need physically or emotionally is discarded. You are now starting to pull everything together as you become more enlightened, stepping into your power and strengthening your foundation. Your awareness has increased through letting go of ego and control. You're starting to unlock your unique code to find your best self with a rock-solid foundation.

Our cocktail event will commence at 6pm with our Reiki certificate ceremony. Then, it's time to relax and celebrate your new re-energised self.

**Day 5:** Morning walk/ meditation/ swim/ gym session, followed by a nutritious breakfast to feed your soul. Today, we will start with a guided meditation to embed your learnings. Then, with your increased intuition and guidance, you will develop your 90-day plan with a focus on unlocking your code. We will identify the steps required to activate your plan and keep your momentum going after the retreat.



***The retreat will close at 2pm, so you can catch your flight home.***

# Step into your unique power!

By the end of this program, you will feel re-energised and reconnected. You will experience a true state of relaxation, with more clarity, direction and an understanding of what it feels like to unlock some of your unique code. Feel confident as you step into your personal power with an individualised 90-day plan to fulfil your vision and build your rock-solid identity.

## What you get

### The price includes:

- Five nights in five-star accommodation and retreat venue.
- Nutritious breakfast, morning and afternoon tea, and a two-course lunch served daily.
- Welcome drinks and canapes on Saturday evening.
- Cocktails and canapes followed by a presentation of Usui Reiki 1 certificates on Wednesday evening.
- Free time each day to explore Noosa National Park, go to the beach, or do whatever your body needs.
- I will be available each evening so you can spend extra time working with me if you need it. This time is optional. We can discuss any questions you have, or engage in affirmations, meditation or group healing as is appropriate.

### Not included:

- Dinner on Sunday, Monday and Tuesday nights. This gives you the opportunity to explore Noosa and top up your self-care.
- Transport to and from your home to the airport.
- Gratuities and taxes for personal services and purchases.
- Personal laundry, telephone calls and cover charges.
- Any beverages or alcohol not included in the beverage package.
- Room service.
- Travel, accident, baggage, health or life insurance.
- Private excursions not mentioned in the itinerary.

**INVESTMENT: \$4,697 – twin share, \$5,497 – single**

## Next steps

- Early-bird pricing: Commit by 20 March to receive \$500 off the full price.
- A deposit of \$3,000 is required to secure your spot.
- Payment by direct debit – contact Joan McEwan for bank details.
- Sign and return the Retreat Participants Agreement.
- Final payment of the outstanding amount is due by COB 7 May, 2021.

This retreat is created for you, so please give me a call on M: 0437383734 or email: [joan@joanmcewan.com](mailto:joan@joanmcewan.com). I am happy to have a chat to discuss what you seek on your journey. If you need more information, please reach out. Otherwise, I look forward to welcoming you to the Heal at Noosa Retreat on Saturday, 5 June, 2021.

## Retreat Inclusions

Participant

Five nights in five-star accommodation and retreat venue at the luxurious Peppers Noosa Resort (valued at \$2,450 per person).



Renowned chef Matt Golinski presents a genuinely local experience, using only the freshest ingredients sourced from local farmers and producers to showcase the region's superb produce. Included daily: breakfast, morning and afternoon tea, and a two-course lunch (valued at \$650).



Parking and Wi-Fi (valued at \$250).



Welcome event, departure cocktail event and venues (valued at \$275).



Full-colour workbook (valued at \$40 per person).



Reiki 1 manual, attunement and certificate (valued at \$850).



Reiki healing and channelled healing from your guides x 2 (valued at \$560).



Access to sought-after Reiki master, Joan McEwan, each evening for further energy, guidance and healing (valued at \$2,400).



Vision board tool kit and materials (valued at \$75).



Infusion of your intentions and Reiki 1 symbols to bring your vision board to life (valued at \$250).



Four group healings (valued at \$2,000).



Affirmations and solidifying intention (valued at \$1,000).



Naturopathic session (valued at \$450).



A personalised, intuitively guided gift from Joan (valued at \$150).



Copy of Joan's book, *Show UP* (valued at \$30).



One post-retreat webinar to check in and review learnings (valued at \$450).



## VIP membership. First invitation to all future events.

Complimentary

Access to private Facebook Intuitive Leaders Community (value \$250).



Daily inspirational emails for 21 days post retreat. Participants receive a brief morning email (300 words or video) to help you stay focused on achieving your goals (valued at \$250).



**Total Value**

~~\$12,380~~

~~\$12,380~~

**INVESTMENT**

**\$5,497 (single room)**

**\$4,697 (twin share)**

# Meet Joan



As a Transformational Health & Wellness Expert with over 15+ years in Health & Wellness in corporate leadership, and 20 years of clinical experience as Nurse in Intensive Care and Mental Health, it has always been my mission to make a difference and create change in people's lives.

I found myself called to integrate other modalities into my scope of practice such as a Diploma of Naturopathy, Reiki Master attainment and a Diploma in Business Management. Coupled with my high intuitive abilities, I realised that I have the unique ability to work with people's energies and revitalise them to increase their vibration to help them heal and see life with clarity and purpose.

I take high performing women on a journey to create personal transformation to "Unlock Your Unique Code." (TM). This is where we discover your mental, physical, and emotional levels, that allows you to go within to find out who you are and gently awaken to create the shift that you have been seeking. By unlocking your unique code enables healing, balance, revitalisation, and awakening to step into your personal power and be your best self with a rock-solid foundation.

I help you to tap into your intuition, listen to your gut and to make decisions with flow and ease which is incredibly important for women in high level positions. I provide you with the foundational tools so that together we discover what you are truly capable of through finding your unique code.

What sets me apart in my industry is decades of experience with a strong background in health and wellness, coupled with my substantial qualifications. My senior leadership positions with world leading organisations, as well as a mix of Eastern and Western philosophies, allows me to work on a subliminal level with a persons' energies to rebalance, reenergise, revitalise, and increase their vibration. I provide a robust foundation that allows you to be empowered to do the work so that you can maintain, flourish, and amplify your energy.

A client, Jessica Ritchie, a Brand Expert and busy mother of two said, "As a business owner who specialises in helping women form their identity through branding and marketing, I have a critical eye and attention to detail in finding the right person who I think is the right 'fit' and that can help me. I found Joan ticked all my boxes through her high credentials, experiences, and qualifications. I didn't want a 'fly by night' kind of person, I wanted to the real deal. One of Joan's superpowers is being able to channel a person's energy and kindly yet firmly create a plan that propels you to becoming your best, highly intuitive self. To live in flow and step into your personal power with a tailored plan to unlock your unique code is pure gold."

## To work with me, clients are ideally ready when:

- They are ready to make themselves available to factor in time for self-care, compassion, self-discovery.
- Committed to doing the work.
- Put in the effort to develop a clear plan.
- Own their self-power.
- Prepared to become an intuitive, high-performing leader to help others grow and reach their potential.
- Determined to develop integrative teams with diverse capabilities.
- Passionate and committed.
- Want to make a difference and leave a legacy



## I have found that high performing women come to me when they are generally feeling:

- Time poor and prioritising everyone before themselves and are just exhausted.
- They know that they need to make a change and prioritise themselves before they fall off the “bandwagon.”
- If they are really honest with themselves, they may even sabotage their efforts.
- They sometimes wonder if they are deserving of being a high performing individual.
- There is a common fear around being your best self and preventing them from achieving even more.
- A loss of direction and are looking for assistance in gaining clarity to health, balance and increased energy.
- Looking for the personalised, unique code and plan that is tailored just for them.

I assist with alleviating and removing these feelings by creating a strategy that unlocks your unique code and takes you from a place of weakness and self-doubt to a place of strength and personal power.

## I do this through:

- Unlock Your Unique Code' Program
- Individual 1:1 Coaching
- Retreats
- Reiki Attunements & Healings – I,II & Master Levels
- Boost Your Mental Health! Coaching Program
- Boost Your Mental Health! Corporate Program

I look forward to hearing how I can assist you unlock your unique code on your journey of transformation through health and wellness.

Warm regards,

*Joan McEwan*

### Achievements

- Bachelor of Health Science (Nursing)
  - Post Graduate in Mental Health
    - Diploma of Naturopathy
- Diploma in Business Management
  - Reiki Master