

Joan McEwan

TRANSFORMATIONAL
Health & Wellness Expert



**"TRANSFORM" WELLNESS RETREAT
AT PEPPERS NOOSA RESORT & VILLAS,
QUEENSLAND**

19 - 21 NOVEMBER 2021

Retreat



EARLY BIRD SPECIAL

\$1,597

EXTENDED TILL 30
SEPTEMBER 2021

WWW.JOANMCEWAN.COM

"TRANSFORM" AT PEPPERS NOOSA RESORT & VILLAS, QUEENSLAND

Retreat

Unlock your unique code and TRANSFORM as you discover your best self

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

Join me and other like-minded professionals at my 2 night "TRANSFORM" Retreat.

This revitalising retreat will be held at the luxurious five-star Peppers Noosa Resort & Villas, from Friday 19 November to Sunday 21 November 2021.

Tired, unsure, lost? You're not alone

The past year has been chaotic for so many of us. High-performing leaders 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 keep repeating the same patterns in your life
- You have lost direction and need to find clarity to increase your energy, vitality and purpose.
- 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 leaders 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 "Transform" Retreat at Peppers Noosa Resort & Villas, Queensland is a space for you to relax, re-focus., rebalance and reconnect. You will discover ways to "TRANSFORM" as you "unlock your unique code" and become that re-energised and reconnected high-performing leader. 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 nibbles. Meet the other guests on the retreat and relax with a drink, knowing that you will be taken care of in a safe place where you can start to transform, learn how to unlock your unique code and step into your personal power with increased vitality..



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 wellness, you will discover and own your why, your uniqueness.

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 support 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. Following yesterday's clarity session, you are now ready to 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 energetic symbolism, bringing it to life with purpose and clarity.

Day 2: This afternoon, 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 around your "Big word" to assist you on unlocking your code. We will identify the steps required to activate your plan and keep your momentum going after the retreat with daily entries in your personalised journal.



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 focused, balanced and connected, stepping into your power and strengthening your foundation. Your awareness has increased through letting go of ego and control. You're starting to "Transform" as you begin to unlock your unique code to find your WHY, your best self with a rock-solid foundation.

The retreat will close at 2pm.



Step into your unique power!

By the end of this program, you will feel re-focused, 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 WHY, your personal power with an individualised 90-day plan to fulfil your goals and build your rock-solid identity.

What you get

The price includes:

- Two nights in five-star accommodation and retreat venue.
- Nutritious breakfast, morning and afternoon tea, and a two-course lunch served daily.
- Welcome drinks and nibbles on Friday evening.
- Free time each day to explore the Retreat, or do whatever your body needs.
- I will be available each evening for an hour or so where we can discuss any questions you have. This time is optional.

Not included:

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

INVESTMENT: \$1,897– single room

Next steps

- Early-bird pricing: Full payment is required by 17 September 2021 to receive the Early Bird Special of \$1597.00
- Full payment of \$1,897.00 (or early bird price) is required to confirm your spot.
- Payment by direct debit – contact Joan McEwan for bank details.
- Sign and return the Retreat Participants Agreement.

This retreat is created for you, so please give me a call on M: 0437383734 or email:

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 "TRANSFORM" Retreat at Peppers Noosa Resort & Villas, Queensland from 19 – 21 November 2021.



Retreat Inclusions		Participant
Two nights in five-star luxury accommodation and retreat venue and facilities in Queensland". (valued at \$1,450 per person).		✓
Renowned executive chef 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 \$240 per person).		✓
Parking and Wi-Fi (valued at \$100).		✓
Welcome event, and venues (valued at \$150).		✓
Full-colour workbook (valued at \$40 per person).		✓
Access to sought-after Reiki master, Joan McEwan, each evening for energy, guidance and group healing (valued at \$1,000).		✓
Vision board tool kit and materials (valued at \$75).		✓
Infusion of your intentions and symbols to bring your vision board to life (valued at \$250).		✓
One group healing (valued at \$500).		✓
Affirmations and solidifying intention (valued at \$1,000).		✓
Naturopathic session (valued at \$450).		✓
A personalised, intuitively guided gift from Joan (valued at \$100).		✓
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 daily email (300 words or video) to help you stay focused on achieving your goals (valued at \$250).		✓
Total Value	\$6,335	
INVESTMENT	\$1,897 (single room)	





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. 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 person's 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 the real deal. One of Joan's' superpowers is being able to channel a person's energy and 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."

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.

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 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

TRANSFORMATIONAL
Health & Wellness Expert



What some have said



Michelle Lawson
Director | Top 100 Globally
Inspiring Women in Mining

I attended Joan's "Heal in Noosa Retreat" in early June 2021. I can thoroughly recommend this transformational program to anyone looking to take time out and selfheal: mind, body, and spirit!

After 3 decades of a gruelling, faced pace, long hours professional career, I knew I needed to step away from the rat race and simplify my life. This retreat was EXACTLY what I needed, and the set framework provided me with many things including a wellness toolkit that I can refer to as I need it.

It was an amazing experience and I highly recommend to all to invest in themselves, like I did.

Joan is a highly respected and experienced transformational health and wellness expert, with values and beliefs that I aligned with. At the end of the retreat not only did I walk away with my own personalised vision board and 90-day plan, but I looked and felt a million times better 😊

