

LOCAL AND INTERNATIONAL

ROMANTIC
RETREATS* BY

Overflowing Life

COACHING | EQUIPPING | GETAWAYS





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A romantic couple is shown in profile, facing each other. The man, on the left, has a beard and is wearing a grey sweater. The woman, on the right, has long dark hair and is wearing a light-colored top. They are both smiling and looking at each other. The background is filled with warm, out-of-focus lights, creating a bokeh effect. The text 'What is A Romantic Retreat?' is overlaid in large white letters at the bottom of the image.

What is A Romantic Retreat?



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A Romantic
Retreat is a
combination of

**Marriage
Coaching** &

**a Romantic
Getaway....**





**What is
Life Coaching/ Marriage Coaching?**



Life Coaching is *not* mentoring or acting in an advisory capacity. It's an art of asking powerful questions, followed by active listening, and facilitating the answers and thought processes in a coachee. The goal is to find solutions in areas where the Coachee feels 'stuck'; to grow in areas where growth is needed; to reach certain goals; to find clarity and purpose and to move from a depleted and overwhelming life to a life of **overflowing**... Coaching is *not* counseling. As opposed to traditional therapy, where a person's *past* is analyzed and discussed, life coaching rather focuses on proactive self-care & self-improvement (by taking positive steps for the **future**).

In terms of **MARRIAGE COACHING**: The Coach and the Coachee agree on the agenda for each session relating to his/her marriage/romantic relationship.

Topics may include, but not limited to: (a) Practicing Love Languages; (b) Communication & Companionship, (c) Romance and Sex, (d) Forgiveness, (e) Selfcare, (f) Boundaries, etc.

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* Our Unique **Romantic Getaway** Offering *



3- 4 Life-Coaching Sessions
before your getaway (In
person or online via Zoom).
This is with **individual**
partners.



Complete **TAILOR-
MADE** Holiday
Package with 2
“Check-in” Zoom
Coaching Sessions
during your holiday
for **COUPLES..**



3- 4 Life-Coaching Sessions
after your getaway (In
person or online via Zoom).
This is with **individual**
partners.

OUR ROMANTIC GETAWAY accommodation criteria....

1. **LOCATION:** “Off the beaten track”; away from the business of life; ROMANTIC location...
2. **SET-UP TO RELAX:** Privacy/ solitude/ stillness. You will be able to relax...
3. **SURROUNDINGS:** Interaction with wildlife and/or nature. Breath-taking views...
4. **ESSENTIAL SERVICES:** Such as least 2–3 (healthy) meals a day + Laundry + Cleaning.
5. **EXPERIENCES:** E.g. Spa/ Massages and/or many other activities that will fuel a weary soul.

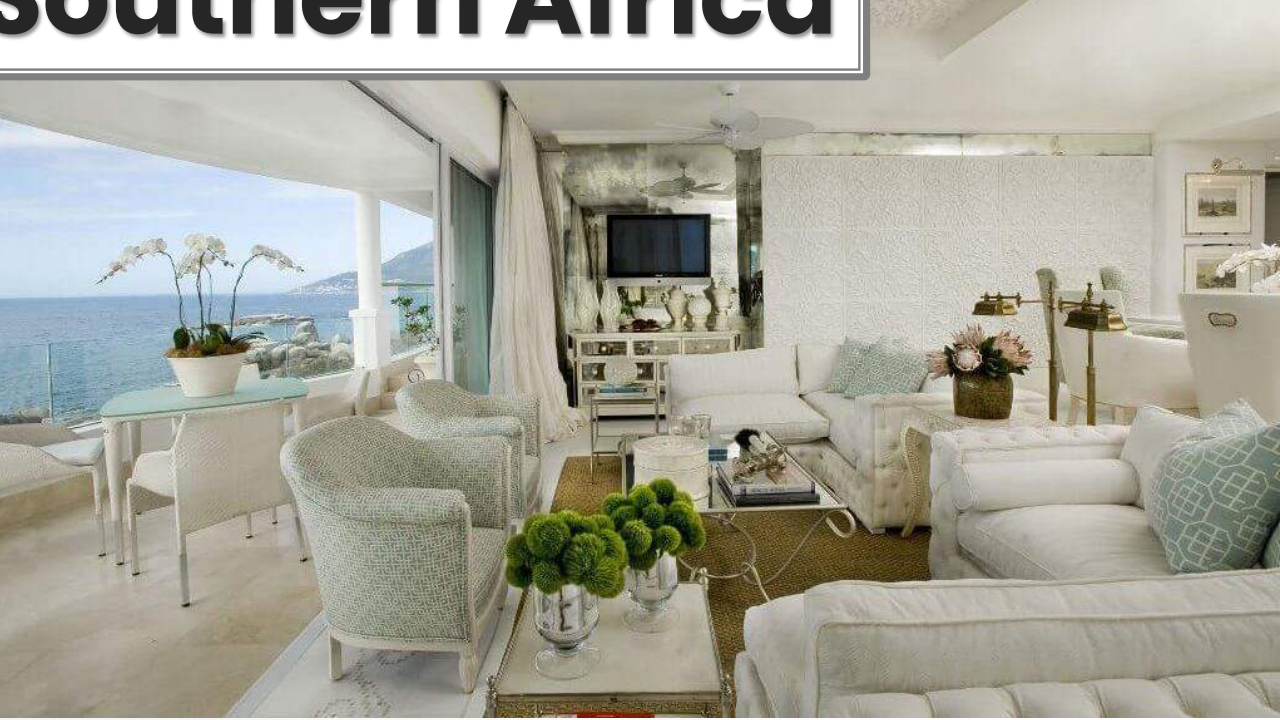
+ Full-Service Planning

(Flights, Car Rental, Private Transfers, Activities, Special Requests & All logistical planning)





South Africa & Southern Africa





Indian Ocean Islands





World-wide Retreats





Rejuvenate and Recharge



CONTACT US

We offer a **COMPLIMENTARY** Introduction Zoom Session (20 – 30 minutes) to everyone who considers Life Coaching! During this session, we will learn more about your specific needs, get to know you better, answer all your questions and discuss a possible plan of action going forward... **Contact us:**

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Appointments: Online Via **Zoom**



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