

# Coming Into Your Own

*Dubai, UAE*

**26<sup>th</sup> Feb - 1<sup>st</sup> March, 2015**

**Developed by Ashland Institute in Oregon, USA, with global track record for over 20 years.**

Coming Into Your Own (CIYO) program is a 03 day dynamic **personal leadership development program** for women who are interested in engaging in a process of reflection, exploration and regeneration. It offers the opportunity for women to dig deep into who they are today, where they have been and where they are heading. The program assists women to understand the relationship between their inner dynamics and their outer life/work.

The CIYO program now thrives internationally as a haven for personal life-reflection. It is also offered by high performing organizations as a training ground for professional women who seek to bring needed feminine qualities to traditional institutions – qualities such as capacity for collaboration, investment in system-wide well being, maintenance of the long view, and the ability to build social capital.

## Who should attend

Coming Into Your Own (CIYO) is for women interested in exploring questions that include:

- How can I be myself and rise to my leadership potential without conforming to conventional pathways to success?
- What is mine to do now, and what are the first steps?
- I feel called to shift my focus to the purpose of my live. How can I do this?
- How can I navigate in a period of transition?
- Can I transform my current work/ life so that it is more meaningful and relevant?
- How do I show up skillfully and clearly in challenging conversations?
- What new direction should I take in my professional or personal life?
- How to engage leadership challenges from a stronger ground of personal authority?



*"CIYO is a fantastic opportunity to pause and reflect on various aspects of your life, both personal and professional, guided along by wise and inspiring women in a very safe environment. I now love being part of this life-long community and going for retreats anytime I need to refresh my mind, spirit and body".*

**Nana Efua-Otoo, 2013 participant**



# Retreat Outcomes

## Own your life thus far

it has shaped your strengths, informed your choices and still has lessons to teach you – learn to be your own mentor.



## Take a reflective pause

Intentional reflection is the fuel of progress. You can choose the where and when let it be now.



## Design the life you want to live

Access your inner confidence and be bold – give yourself the freedom to be you.



## Listen to your unique calling

Life will keep presenting us with opportunities and choices – pay attention and live fully.



## Tap into the power of community

Real change requires real partnerships. Allow new relationships to support you.



### TIME & PLACE

**Date:** Thursday 26<sup>th</sup> February till Sunday 01<sup>st</sup> March 2015

**Time:** The program starts and ends at 15:00

**Venue:** Hatta fort, Hatta

<http://www.jaresortshotels.com/Properties/hatta/hotel/Overview.aspx>

### PROGRAM COST:

- **Corporate participation:** 5000 AED for 03 days including breakfast and lunch
- **Individual participation:** 3500 AED including breakfast and lunch
- **Early bird participation before the 15<sup>th</sup> Jan:** 15% off the announced rate

**The cost includes:** all tuition, materials, breakfast and lunch from 27<sup>th</sup> till 01<sup>st</sup> march.

### Accommodation:

- 800AED a night on full board single room
- 980AED a night on full board double room

### Payment & Cancellation Policy

Payment is required on registration to secure your place. No refunds will be made for cancellations after 30<sup>th</sup> January 2015.

### REGISTRATION:

To register contact Sustain Leadership team on [info@sustainleadership.com](mailto:info@sustainleadership.com)

For registration or more information please contact: Amel Murphy on +971528374660 or email: [amel.murphy@sustainleadership.com](mailto:amel.murphy@sustainleadership.com) or visit [www.ciyowomensretreat.com](http://www.ciyowomensretreat.com) for more information on other programmes running worldwide.

Participants have come from companies such as: **Hewlett-Packard, BP, Disney Theatrical, Turkcell, The World Bank, Shell, Intel, Boeing, Anglo American, Aera Energy, Unilever, EDF and Yahoo.**



“CIYO provides a deep insight into oneself and a powerful aid to address and possibly overcome problems, fears or stress. Once these fears are addressed the world seems a much better place.”

**Holand 2014**

*CIYO is for women who are ready to empower themselves to lead their ideal lives. If you want to have more clarity on your life purpose; how your past can become your strength; how to see what's hidden inside you, this is the right program for you.”*

**Istanbul 2013**

## Facilitators



**Amel Murphy** is an Organizational Learning Consultant. Her work includes leadership development, dialogue, large-scale participative change interventions and development of women leaders. Combining personal enthusiasm and practical experience, she creates an environment in which individuals can listen and think together to produce new, powerful and sustainable outcomes.

Amel has over 16 years of international experience with business, government, non-profits and global energy. Her clients have included Eneos, BP, ExxonMobil, British Gas, British Telecom, Wokingham Council, Oxfam, NatWest, VSO, Reading Football Club and Berkshire Mental Health Services.



**Nicola Shearer** is a Certified Professional Co-Active Coach (CPCC) who supports individuals and groups to transform themselves, their teams and their businesses through coaching and leadership development. Past and current clients include FTSE100 companies, Public Sector Leaders and Social entrepreneurs. Nicola's global coaching and facilitation work is based on over 20 years of commercial and organizational development experience living and working in UK, China, Taiwan, South Africa and Sierra Leone. This includes 10 years as a commercial executive in the Energy Sector.



**Dorian Baroni** is an executive coach, leadership program and retreat faculty, and an organizational advisor. Her business experience has spanned a variety of industries - investment banking, global energy, consumer goods and art retail - and a number of countries - UK, US, Venezuela, Italy, and Belgium.

One of her core beliefs is that a leader's individual journey towards wholeness is critical to addressing today's global challenges. And as a business woman, she is particularly passionate about the role and power of feminine leadership to support the evolution of global mindsets, social systems and models of economic impact.



**Isabelle Pujol** is founder and director of Pluribus, a consultancy committed to develop individuals, teams and organisations to succeed through diversity and inclusion. She provides strategic consulting and designs and facilitates dialogue with leaders from various global organisations to create a truly inclusive performing culture.

She is passionate about supporting their unique leadership journey and helping them reconnecting with their inner voice and authenticity.