



# ATHENA

## Athena Retreat



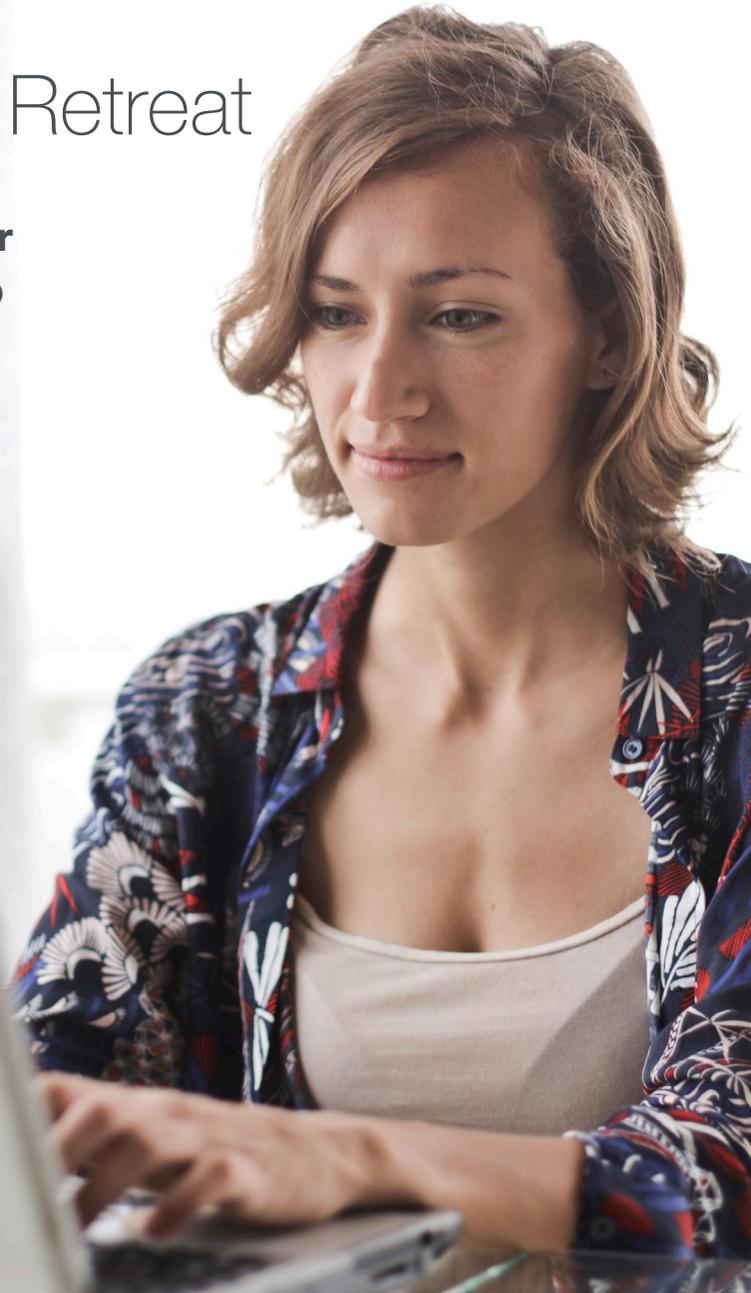
**Taking Your  
Leadership  
to the  
Next Level**



RECENTRE



Training & Learning  
Solutions



# Shift from Surviving to Thriving in all aspects of your life

**TLS in collaboration with Recentre are offering an overnight Athena Retreat. A safe place to understand how your past effects your present and may hold you back from thriving in the future.**

## **Aim:**

Further your Career Success Story to create a more positive impact, be influential and inspire your future.

## **Objectives:**

- Move from Surviving to Thriving
- Acknowledge how the 'there and then' shows up in our 'here and now'
- Recognise the roots of Imposter Syndrome
- Learn how to say 'No' and manage our boundaries
- Explore our window of tolerance and self-regulation
- Share our Who-I-Am stories
- Look at our Work Genogram
- Assess our behavioural style and flex/adapt to influence for success
- Plan for the future we want

## **Characteristics of Athena**

### **Greek Goddess of**

- Wisdom
- Courage
- Inspiration
- Justice
- Strength
- Strategy
- Skill

## **Content**

### **Imposter Syndrome**

- Self-compassion
- Imposter syndrome & the inner critic
- Managing our boundaries

### **Adversity Education**

- The 6 pillars
- Adverse Childhood Experiences (ACE's)
- Threat defence strategies
- Your window of tolerance and regulation

### **Who-I-Am Stories**

- How we show up at work
- Strategies to move forward
- Changing your narrative

### **Communicate for Impact**

- Behavioural styles
- Know your style and recognise others'
- How to adapt/flex your style to influence others

### **Feedback & Planning**

- Planning for your future
- Make their Day gifts

### **Incorporating play and rest**

- Breath work
- Meditation
- Art
- Nature