



**A Personal Development & Adventure Retreat**  
with Jack Russell Coaching

# ‘A Positive Experience that will Change Your Life...’

Join us for 5 days in the exclusive **Prince Hall Country House** right in the heart of stunning Dartmoor to relax, grow and experience the best that Devon can offer:

**12 – 16 July 2021 or 20 – 24 September 2021**

The week will be divided between professional personal development coaching, outdoor adventure and relaxation.

### Topics and Activities Include:

- Positive Attitude
- Self-Belief
- Confidence
- Understanding Self
- Communication
- Managing Emotions
- Motivation
- Goal Setting
- 1:1 Personal Coaching
- Health and Wellbeing
- Yoga
- Get Back to Nature
- Outdoor Activities (optional)
- Walking
- Cooking on an Open Fire

We have worked hard with our partners to ensure we can offer a Covid free experience (including test), with **only 6 people and exclusive use of the country house**, for the ultimate positive experience that will change your life.

£1,200 + VAT  
(Includes accomodation, food, all activities and coaching).

## Find out more...

**Jack Russell Coaching**  
[www.jackrussellcoaching.co.uk](http://www.jackrussellcoaching.co.uk)  
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