

NOBS x Elevate

Retreat Schedule

9TH - 13TH SEPT 2024 | EAST SUSSEX, UK



Tuesday 10th

Time	Session	Facilitator
10am - 11:30am	Arrivals	
11:30am - 12:30pm	Welcome Session	Natalie / Sabrina
12:30pm - 1:30pm	Lunch	
2pm - 3pm	Personal Branding Masterclass	Izzy
3:30pm-4:30pm	Gentle Hike in the High Weald Area of Outstanding Natural Beauty	Natalie
5pm - 6pm	Yoga and Mindfulness	Charlotte
7pm	Cocktails and Networking	
8pm	Dinner	

Wednesday 11th

Time	Session	Facilitator
8am - 9am	Breakfast in the Farmhouse	
9am - 10am	Chess Strategy for Business	Sabrina
10am - 12pm	Free Time (optional journaling session) / PT Sessions with Scott	Natalie (Journaling) / Scott
12pm - 1pm	NLP Life Coaching	Natalie
1pm - 2pm	Lunch	
2:30pm - 4pm	Breathwork and cold water immersion (sponsored by Chill Tubs)	Charlotte
4pm - 6pm	Free time (optional ping pong tournament) / PT sessions with Scott	Sabrina (ping pong) / Scott
7pm	Dinner	
8:30pm	Optional poker lesson and tournament	Summer

Thursday 12th

Time	Session	Facilitator
7:30am - 8:30am	Sunrise yoga flow on the yoga lawn	Charlotte
8:45am - 9:45am	Breakfast in the farmhouse	
10am - 11:30am	PR Masterclass	Priscilla
12pm - 1pm	Group Fitness Class	Scott
1:15pm - 2:15pm	Lunch	
2:30pm - 3:30pm	Optional cold water immersion	Natalie
4pm - 6pm	Problem-solving and peer mentoring session	Sabrina
7:30pm	Final night formal dinner	
9pm	Closing firepit sharing circle and cacao ceremony	Natalie/Charlotte

Friday 13th

Time	Session	Facilitator
8am - 9am	Breakfast and closing session, goodie bags	Natalie / Sabrina
9:30am	Departures	