

# LETTING GO!

*An extra-ordinary experience to help dissolve the obstacles getting in your way of creating amazing relationships and living a fulfilling life.*

7-day transformational workshop & sailing retreat - Croatia  
10-17 September 2022



Work with Identity Coach, Nicole Wittauer, and her creative tools to reconnect to your inner wisdom while sailing through the waters of the Adriatic Sea. Grant yourself permission to connect deeply, let go of what's not serving you, and play passionately with the purpose of getting out of your own way.

See what it's like when anything is possible!

*"I am the master of my fate. I am the captain of my soul." - Invictus*

## Who is this for?

*This retreat is for anyone who...*

- Feels like they're getting in their own way.
- Wishes they could overcome the fear of judgement.
- Is ready to take ownership of their life and their future.
- Is tired of trying to live up to other people's expectations.
- Wants to overcome feelings of unworthiness, shame or guilt.
- Desires to have more profound and honest relationships with others.
- Wishes to reignite all of their senses and embrace creativity and playfulness.
- Wants to heal and let go of the pain that isn't theirs to bear.
- Doesn't want to give up on their dreams.

## Why is it important to let go?

*When you hang on to stuff that doesn't serve you...*

- You lose confidence.
- You give up on your dreams.
- You lose your spark and playfulness.
- You tend to distance yourself from others.
- You feel powerless, and a victim of circumstance.
- You waste energy building barriers rather than bridges.
- You question your choices as soon as things get tough.
- Your efficiency and ability to find solutions diminishes.
- You reduce yourself to living an unfulfilling life.
- You blame others for your shortcomings.
- You lose your connection to yourself.

## How will it change your life?

*This experience will transform you in many ways:*

- You will embrace life in a more playful way.
- You will find strength in being all that you are.
- You will have found clarity around your purpose.
- You will know how to overcome obstacles in the future.
- You will see opportunities to grow and succeed all around you.
- You will be able to speak your truth from a space of inner peace.
- You will feel deeply connected to yourself and who you want to be.
- You will have gained confidence in your ability to make things happen.
- You will know how to break old patterns and take ownership of your life.
- You will have created a deep bond with people who love and support you.

## What makes this different?

*Stimulating all of your senses!*

### MOVEMENT & SPACE

As we sail through the beautiful islands of Croatia, movement through space will enhance movement in the mind. Discovery, exploration and shifts of perspectives will be happening both inside and out, having a powerful impact on your ability to let go and move forward.

### NATURE & THE ELEMENTS

As natural beings we thrive when we are surrounded by nature. Wind, water, earth and fire have particularly powerful cleansing properties, and will enhance your experience as we will be using these resources on a daily basis.



Blue Cave on Bisevo Island

### THE POWER OF PLAY

The playful energy of the workshops and recreational activities will reconnect you with the courage, fearlessness and purity of your inner child, remembering how to forgive both yourself and those who may have hurt you. Through this process, you will reopen the path to your core values, true passion and a deep sense of purpose.

## CREATIVITY & CONSCIOUSNESS

Creative thinking techniques will help you overcome limiting beliefs and detect patterns of self-sabotage. With a heightened awareness, your level of consciousness will rise, allowing you to redirect old triggers onto new, productive paths.

## HUMAN CONNECTION

With the help of Nicole's 12 years experience as a certified coach, and the natural bonding that happens in a small group of people with common challenges and goals, you will feel deeply connected and supported on this journey to rediscover all that you can be.

## CEREMONIAL SPACE

There is a deep quality of healing and transformation in the ceremonial space. As we go on this journey, you will discover their power and learn to create your own, in order to dissolve patterns of undesired thoughts and behaviour, and embrace the mindset that you want.

## GUIDED MEDITATIONS

Starting each morning with a guided meditation will help you remove unwelcome distractions, gather your focus and tune in to the topic of the day. It is a great way to connect to the power of intention and discover first hand how influencing your mindset impacts the unfolding of your day.

## CONCEPTS & IDENTITY MAPS

While on a journey through space, Nicole's spacial maps and signature mapping process will allow you to uncover not only your patterns of self-sabotage, but also give you great insights into your hidden treasures and develop your capacity to create clarity around complex situations.



Mljet Island

# THE INNER JOURNEY

ARRIVAL DAY 1

## **The Intention**

Meeting the group & connecting to the purpose of our voyage. Sharing intentions.

DAY 2

## **Connecting to Source**

Reconnecting to nature, play & the courage of the inner child,  
to help us fully embrace our journey through life.

DAY 3

## **Overcoming the Fear of the Shadow**

Removing self-sabotage and the baggage that has been holding us back,  
so that we can start believing in all that we are and what we can do.

DAY 4

## **Embracing Unison and the Connection to All**

Discovering synergy, synchronicities and mirrors in all that surrounds us,  
and opening ourselves up to receive. Seeing signs & perfection in all to maximise our experience.

DAY 5

## **Finding Clarity & Vision**

Reconnecting to the vision, the dream, and all that serves as inspiration  
to empower us as we move into the next stage of our lives.

DAY 6

## **Listening and Speaking through the Heart**

Finding the voice of our heart, aligning with long lost values,  
purpose and desires in order to share our gifts fully and without fear.

DAY 7

## **Innermost Knowing & Intuitive Truths**

Finding ways to stay connected to the Self as we prepare to return to the ordinary world, to co-exist and  
be in service/not sacrifice of others who have different values and baggage.

DEPARTURE DAY

# THE OUTER JOURNEY

## ARRIVAL DAY

Pick-up arrangements from airport to port.  
Arrival on the boat as of 17:00.  
Welcome drinks, meeting the group and settling in.  
Dinner together on the boat.  
Sharing of intentions & connecting to the purpose of our voyage/music.

## A TYPICAL\*\* DAY (2-7)

8:00 Guided meditation & opportunity for an early morning swim.  
8:45 Departure to new destination (sailing).  
9:00 Breakfast during the voyage.  
10:00-13:00 Workshop with Nicole on and/or off the boat depending on location.  
13:00 Lunch on the boat.  
14:00 Recreational activity or excursion around the Island.  
17:30 Sharing circle/music  
19:00 Free time for dinner out on the island

*\*\*each day will be different, depending on our travel time, location and activity.  
Nevertheless you will always get free time to head off and explore, giving you space and time  
to be alone, with a friend/partner or with the group, as you desire.*

*A detailed program will be made available closer to departure.*

## DEPARTURE DAY

7:30 Last Breakfast together  
9:00 Departure from the Boat



Dubrovnik

## ABOUT THE VESSEL

The Fortuna\* is a magnificent 33 meter long gullet with 6 cabins (4 double and 2 twin rooms) and 6 full bathrooms, creating the perfect space to work in an intimate yet expansive setting with personal focus on only 10 participants.



<https://tinyurl.com/36v2kacc>  
(\*we will travel on the Fortuna or a similar gullet)

## ABOUT NICOLE

Moving from country to country as a child, Nicole learned to adapt and shape-shift in order to fit in. This set a pattern for exploration and adaptation which would fuel Nicole's need to understand the makings of her Identity and how it held her back in life. This manifested itself through numerous shifts in career (IT Project Manager, Dress Designer, Artist, Teacher) before she discovered and fell in love with Solution-Focused Coaching in 2011, allowing her to help others find their place in the World as well.



Integrating all of her passions into the space for deep transformation, Nicole loves creating “playgrounds” for people to let go of limiting beliefs and explore the terrain of their identity and all they have to offer without holding back.

Her particular integration of spacial representation, movement, mapping and spiritual curiosity enhance creativity, playfulness and solution-focused thinking.

Throughout her coaching career, Nicole has had the privilege to help award-winning entrepreneurs, start-ups, psychologists, renowned coaches as well as individuals and corporate teams overcome limiting beliefs and find a deeper connection to their mission, purpose, Self and others.

*Nicole Wittauer is a Professional Certified Coach, with a Bachelor's degree in Economics and Social Science. She is also certified as a trained facilitator in the Lego Serious Play methodology, team coaching, solution-focused coaching and change management.*

*She is the author of the Identity Atlas, and the free ebook: "Stop Self Sabotage", available for download via: <https://nicolewittauer.coach/stop-self-sabotage/> or [www.maps-of-life.com](http://www.maps-of-life.com)*

## TESTIMONIALS

*"I came out with a clear mind, set of actions of how to overcome my obstacles and a great sense of relief!"*

Claire Warmenbol

*"She truly understood our needs...and has a box of cheeky tricks and a wealth of experience to call upon."*

Paddy Ney - TV Host & Parenting Coach

*"Nicole helps structure thoughts and ideas, and identify priorities and waste, even in the most confusing moments of life."*

Barbara Lax - Award-Winning Entrepreneur

*"Very good listener... takes time to make sure steps towards progress are made."*

Maria Hasler

*"One of the most creative and resourceful thinkers that I know."*

Liz Umlas - University Lecturer

*"Made me unstuck so simply and easily."*

Linda Hendriksen

*"Extremely effective, practical and enjoyable."*

Morgan Matthews - Business Consultant & Life Coach

*"Easy to connect with.  
Profound interest for people and how to make life simple and fun."*

Maria Pulido - Svensson

## FIND OUT IF THIS IS FOR YOU

Book a call with Nicole to see if this retreat fulfils your needs.

Take this time to ask her questions, get to know her and understand the energy and process she puts in place.

This will also give Nicole the opportunity to see if you would be a good match for the group, in order to create synergy, balance and harmony.

<https://nicolewittauer.coach/book-in-a-call/>



## FEES

Early bird bookings before June 30th: 3100 € p/p

Bookings as of July 1st: 3250 € p/p

*Take this opportunity to experience  
a deeper connection with your partner, family member or friend.  
Book for 2 and benefit from a 300€ discount.*

**Early bird partner/friend fee until June 30th: 2950 € each**

Bring your partner/friend fee as of July 1st: 3100 € each

Fees include all expenses related to the boat, workshops, group excursions, breakfasts, lunches, arrival dinner and departure dinner on the boat.

Fees do not include personal activities and meals taken off the boat.

A maps-of-life event, organised in collaboration with Hedona Travel.

[www.maps-of-life.com](http://www.maps-of-life.com) [www.hedona-travel.com](http://www.hedona-travel.com)

