

SHE LEADS WELL

Retreat

A transformational leadership retreat for women ready to step back from the demands of leadership, reconnect with their purpose, and design a sustainable path forward.

- ✓ Reset Your Energy
- ✓ Reclaim Your Clarity
- ✓ Lead with Intention

 **22 - 28 AUGUST, 2026** **UBUD, BALI**
KajaNe Yalongi Boutique Hotel

TO REGISTER

 More Information:
www.quantumretreats.com.au

The Reality of Leadership for Women

Many women in leadership roles are operating under constant pressure. They are balancing organisational demands, people leadership, strategic responsibility, and personal commitments — often while carrying an invisible mental load.

Over time this can lead to:

- chronic stress and decision fatigue
- leadership isolation
- blurred boundaries between work and life
- declining energy and creativity
- a growing sense of misalignment

And yet many high-achieving leaders simply push through.

But sustainable leadership requires something different. It requires space to pause, reflect, and reconnect with what truly matters.

She Leads Well was created to provide that space.

What Makes This Retreat Different

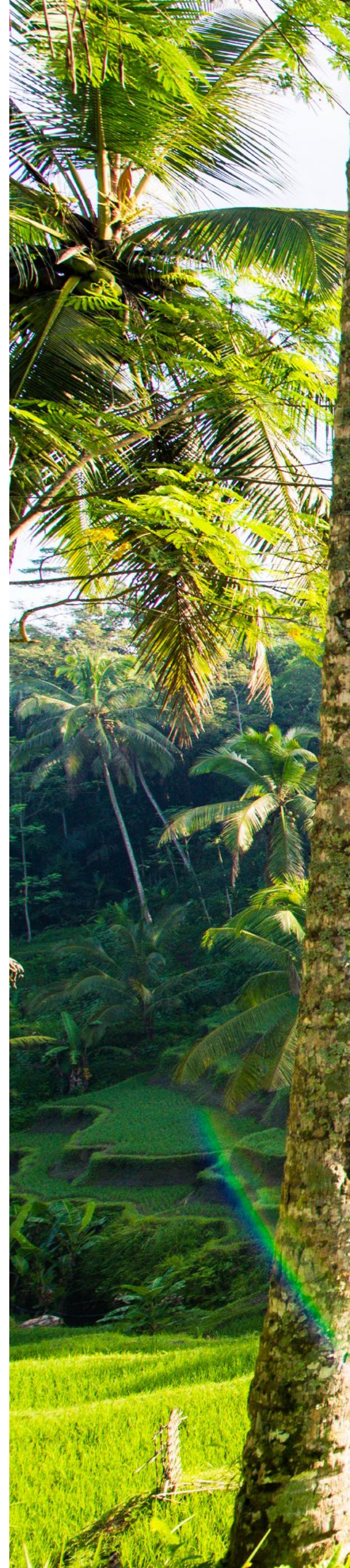
This is not simply a relaxing getaway.

She Leads Well is a structured leadership development experience grounded in psychology, leadership science and mind-body wellbeing.

Across six immersive days in Bali, you will move through a carefully designed process that helps you:

- regulate stress and restore energy
- clarify your leadership identity and values
- reconnect with your long-term vision
- design a strategic leadership plan
- strengthen your presence and confidence
- build sustainable leadership habits

This retreat combines leadership development, psychological insight and deep restoration.



What you will experience

Throughout the retreat, you will move through a carefully curated program that combines leadership development, psychological insight, and restorative wellbeing practices.

★ Sustainable Leadership Foundations

Understand the science of stress and burnout in leadership and learn practical strategies to regulate your nervous system, restore energy, and maintain performance in high-pressure environments.

★ Identity, Values & Authentic Leadership

Reconnect with the values that shape your leadership and explore the internal narratives and expectations that influence how you show up professionally.

★ Leadership Vision & Future Direction

Step away from daily demands to gain perspective and articulate a clear and compelling three-year leadership vision

★ Strategic Leadership Design

Translate your vision into action by developing a practical leadership blueprint, including a 12-month strategic plan and a 90-day action roadmap.

★ Leadership Presence and Personal Brand

Strengthen your leadership presence, clarify how you want to be experienced by others, and receive professional leadership photographs aligned with your future vision.

★ Mindfulness and Mental Clarity Practices

Learn practical mindfulness skills to enhance focus, emotional regulation and decision-making in complex leadership environments.

★ Professional Leadership Photoshoot

Participate in a personalised professional photoshoot designed to capture your authentic leadership presence. These images can help you communicate confidence, credibility and a clear personal brand aligned with your leadership vision.

★ Restorative Wellness Practices

Participate in daily yoga, qigong, guided movement, meditation, sound healing and spa experiences designed to restore both body and mind.

★ Space for Reflection, Connection & Renewal

Enjoy dedicated time for personal reflection, meaningful conversations, and connection with a supportive community of women leaders.

★ Connection with Inspiring Women Leaders

Share the experience with a small group of thoughtful, ambitious and values-driven women. Through meaningful conversations and shared reflection, many participants form supportive professional relationships and friendships that continue long after the retreat ends.



What You Will Leave With

By the end of the retreat, participants will have developed a powerful leadership blueprint including:

Leadership Clarity

- a deeper understanding of your leadership identity, values and purpose
- renewed confidence and direction

Sustainable Leadership Skills

- practical tools for managing stress and regulating the nervous system
- strategies to protect energy and maintain boundaries
- skills to sustain performance without burnout

Strategic Direction

- a clearly defined 3-year leadership vision
- a 12-month strategic leadership plan
- a 90-day action roadmap

Leadership Presence

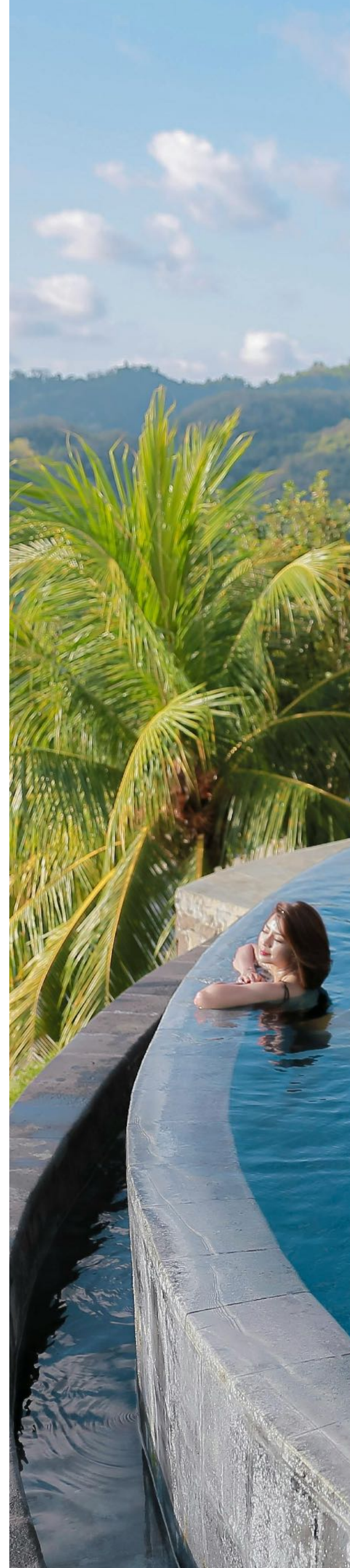
- greater clarity around their professional positioning and influence
- professional leadership photographs aligned with their authentic brand

Ongoing Support

- pre-retreat coaching to clarify current reality and goals
- post-retreat coaching to support implementation
- connection with a community of like-minded women leaders

Leaving Feeling Clear, Energised and Inspired

- feel more relaxed, mentally clear and reconnected with what matters most
- leave with renewed energy and a fresh perspective
- with a practical leadership plan, you will return home motivated and ready for the next chapter of your leadership.



Meet The Team

She Leads Well is the brainchild of the **Leading Wellness Solutions** Team, made up of Health and Clinical Psychologist, **Miriam Henke**, and Clinical Psychologist and Clinical Neuropsychologist, **Dr Simone Shaw**.

Miriam and Simone are workplace wellbeing and leadership experts, with decades of experience supporting individuals, teams and organisations to thrive. Having delivered leadership development programs through executive coaching, seminars, keynotes, and workshops, Miriam and Simone considered a gap in the space where an **immersive program** could accelerate development.

Miriam is the founder of **Quantum Retreats**, and runs wellness retreats grounded in evidence-based health psychology and mind-body medicine. The format of a retreat offers a unique experience for deeper reflection, intentional focus, and accelerated learning for greater long-term impact. This is why She Leads Well exists, to enhance the learning and development process whilst your wellbeing is being taken care of. We know learning is enhanced when the nervous system is regulated and life's pressures are on temporary hold.

Miriam and Simone will be supported by **Jaya McIntyre**, Jaya McIntyre is the driving force behind Empire Art Photography & Coaching and Women Inspired, an Award winning professional photographer, coach, and creative director with a fierce passion for helping clients step into their power. With over 29 years in the creative industry, Jaya combines her deep understanding of storytelling, branding, and human behaviour to create transformational experiences both in front of the lens and behind the scenes.

Our local expert and guide, **Dewa Arsana**, will ensure you receive the best hospitality and support from our Bali team. Dewa is passionate about sharing the wisdom and values of Balinese culture in everyday life, particularly in fostering balance and harmony.



What's Included

Your experience has been thoughtfully designed to bring together leadership development, wellbeing, and genuine restoration so you leave not just inspired, but equipped and supported.

Your investment includes:

- 6 nights luxury accommodation in a private resort setting in Ubud, Bali
- A peaceful, nature-immersed environment designed to help you slow down, reset, and think clearly
- All meals throughout your stay
- Nourishing, wholefood-based cuisine to support your energy, focus, and overall wellbeing
- A fully-facilitated leadership development program
- A structured, evidence-based journey covering leadership identity, strategy, communication, and sustainable performance
- Workshops grounded in psychology and leadership science
- Practical, applicable frameworks you can integrate immediately into your role and share with your team
- Daily movement and mindfulness sessions
- Multiple relaxing spa treatments
- Support for nervous system regulation, recovery, and sustainable energy
- A professional photoshoot designed to elevate your leadership presence and personal brand with high-quality images
- Pre-retreat private leadership coaching session (60–75 minutes) to clarify your goals, challenges, and intentions before you arrive
- Two post-retreat leadership coaching sessions to further your goals
- Supporting implementation, accountability, and real-world integration of what you've learned
- Sound healing session at the incredible Pyramids of Chi
- Airport transfers and local transport - so you can arrive, settle, and fully immerse without logistical stress
- A small, curated group of like-minded women leaders creating space for meaningful connection, shared insight, and support
- Guided personal reflection time with supportive journal
- Comprehensive Guidebook with all activities and resources needed for the workshops and your return home
- Welcome gift pack with local goodies
- Renowned Balinese hospitality and attentive service.

Not included: Flights to and from Bali.



The Setting: Ubud, Bali

This retreat takes place at a boutique wellness resort in the peaceful village of Peliatan, near Ubud, surrounded by lush rice fields and tropical gardens.

KajaNe Yalongi Boutique Hotel offers a tranquil environment designed for reflection, learning and renewal.

Features include:

- dedicated yoga, meeting and wellness spaces
- swimming pools and tropical gardens
- spa and massage facilities
- gourmet buffet breakfast
- beautifully-furnished rooms with views
- large rooms with ensuite
- nourishing whole-food meals
- free shuttle into central Ubud
- renowned Balinese hospitality

It is the perfect setting to step away from daily demands and reconnect with yourself and your leadership.

Beyond the retreat venue, Ubud offers a unique atmosphere that supports reflection, creativity and personal growth. Known as Bali's cultural and spiritual heart, the region is surrounded by lush landscapes, ancient temples and a slower rhythm of life that naturally invites calm and perspective.

This environment creates the perfect backdrop for stepping away from daily pressures and reconnecting with your vision, wellbeing and leadership.



Your Investment

We understand that investing in yourself at this level is a **meaningful decision** — and not always an easy one.

Flexible payment options are available to help make this experience more accessible, allowing you to spread your investment over time.

As this retreat supports both your **professional development** and **wellbeing**, some elements may be **tax deductible**, depending on your circumstances. We recommend speaking with your accountant to explore what may apply.

Early Bird*

Book for 1: \$3497

Book for 2: \$6500

*Early bird offer ends 15 May, 2026

Standard

Book for 1: \$3997

Book for 2: \$7500

If booking with a friend/partner/colleague you will be placed in side-by-side separate rooms. A \$500 deposit secures your registration.

Organisation Funding

Many participants choose to request their organisation contribute to, or fully fund, their registration costs.

We can provide a **professional Proposal Pack** to support this, outlining the program in more detail, leadership development outcomes and alignment with organisational priorities.

For many women, the question isn't whether this *is* valuable — it's *how* to make it possible.

And there are more pathways available than you might think. We are here to help you figure out how we can make this work for you.

To Book

Complete the Registration Form:

REGISTER HERE 

We will then be in contact with you to finalise your registration, negotiate payment arrangements, and issue your invoice(s).

