

La Vendange: A Retreat for Change and Growth

Rooted. Aligned. Present. Transformed.

[To Apply: Click Here](#)

Are you a leader navigating unending change and feeling disconnected from your true purpose?

Do you know what you're headed toward—or what you're ready to leave behind?

As a purpose-driven professional, do you still feel that deeper pull toward creativity and lasting impact?

Are you craving space to tap into your imagination and transform the next chapter of your life?

This retreat is for individuals on the cusp of change—ready to release what no longer fits and step into what's possible:

- For the **Edge Walkers**, living between convention and innovation.
- For the **Catalysts of Change**, prepared to lead with renewed purpose and presence.
- For the **Quiet Revolutionaries**, guided not by noise or ego, but by clarity, courage, and soul.



You've led. You've healed. You've built. Now, something stirs beneath the surface, a quiet (or not-so-quiet) pull toward what's next. Join us in the vineyards of Bordeaux, where transformation is harvested with intention, and growth begins at the threshold. Across three thoughtful phases, you'll unlock your Enneagram, savor immersive experiences, receive personalized coaching, and connect with a vibrant community of like-minded individuals. You'll leave with:

- **Unshakeable Confidence (ROOTED):**

Harvest deep self-knowledge through your Enneagram type—unearthing core values, beliefs, and narratives that anchor your sense of self.

- **Bold Clarity (ALIGNED):**

Forge a compelling vision and audacious goals that align your ambitions with growth.

- **Liberated Presence (PRESENT):**

Release limiting patterns of thought and behavior enabling you to lead with clarity and authenticity.

- **Lasting Impact (TRANSFORMED):**

Translate insights and strengths into a tailored action plan and establish an accountability network— to ensure sustained change.

If you're feeling stuck or simply stirred—craving clarity, confidence, and a sense of renewed purpose—this experience was designed for you.

This is not a retreat for fixing what's broken. It's a harvesting for those ready to grow.

Retreat Overview

This is more than a retreat—it's a three-phase journey designed to help you pause, realign, and re-enter your life with clarity and commitment.

🌱 Phase I – Planting

Pre-Retreat:

- **Enneagram Assessment and Debrief**

You'll complete a personalized Enneagram assessment to explore your core type, strengths, and limitations—a tool for realizing, owning, and accepting the whole of who you are.

Your journey will begin by clarifying intentions and uncovering your core personality motivations through the Enneagram Assessment. You will receive a personalized debrief and begin to plant the seeds for intentional growth.

- **Two 90-Minute Group Coaching Sessions (via Zoom)**

We'll gather virtually to establish community, clarify intentions, and begin exploring the deeper questions that brought you here.



🍇 Phase II – Harvesting the Growth

In-Person Retreat in Auros, France

Join us for five nights and six unforgettable days in the French countryside. Set during La Vendange, the French wine harvest season—a sacred time when grapes, after a year of weathering the elements, are finally gathered—mirrors the precise, reverent work of winemaking. Every grape picked is the culmination of unseen care and natural evolution. Here, you'll harvest wisdom, growth, and truth within you. And, just like a fine wine, your next chapter will emerge more complex, bolder, and more refined because you gave it your full, rapt attention.

- **Daily Transformational Coaching**

Thoughtfully guided sessions designed to move you from stuck to aligned, from uncertain to empowered.



- **Curated Immersive Excursions**

- **Climb the Dune du Pilat**, Europe's tallest sand dune, to look beyond your current horizon—symbolizing the courageous climb toward clarity and new vision. *What must you release in order to rise, and what truth becomes visible only from this higher perspective?*

- **Travel to the famous Bay of Arcachon** to sample fresh raw oysters on the half shell and learn about oyster farming and the rhythm of the tides and the slow, patient stewardship required for oyster cultivation. *What part of your life are you tending now that may not bloom for months or years?*

- **Join an exclusive vineyard tour and partake in the grape harvesting.** You will learn about biodynamic winegrowing, be a part of the first harvest blessing, and enjoy a meal with the vineyard owners. *As the vine yields its fruit, what within you is ready to be seen, shared, or savored?*

- **Partner with our resident French chef** to co-create a meal from market to table. You'll learn the subtle discernment behind ingredient selection, preparation, wine pairing, and the art of co-creation. *If this next season were a meal you're preparing, what would you include to nourish the version of you emerging now?*

- **Explore your creative spirit through an abstract painting class** led by a local French artist—an invitation to express on canvas what words cannot. *If this canvas became your compass, what would it point you toward in the months to come?*



- **Reflection and Stillness**

Down time is built into each day for personal reflection and integration of insights and growth.

- **Connection with a Like-Minded Circle**

You'll be surrounded by fellow learners—each bringing wisdom, curiosity, and a shared commitment to growth.



Phase III – Clearing & Cultivating

- **Post-Retreat: Integration**

Participate in two follow-up group Zoom Sessions

Reflect, refine, and integrate your transformation. Clear space for what's next and cultivate practices to sustain your growth.



This three-phase retreat reflects the rhythm of the harvest season - a time of gathering, reflection, and renewal. Over the course of our time together—you'll move through a powerful arc of reflection, connection, and growth.

For Questions: Contact Natasha at natasha@revealglobalcoaching.com

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Retreat Package includes:

- Transportation to and from Bordeaux train station
- 5 nights/6 days lodging at [Rouge Bordeaux B & B](#). B&B owners Megan and Julien Martel are an integral part of our experience. They will help curate the off site experiences and provide an insightful introduction to French food, wine, and everyday life. Each participant will have their own bedroom and adjoining bathroom. There are options to share a room, if desired.
- Individual and group coaching sessions
- Onsite meals: Private Chef Julien of Rouge Bordeaux will create your meals
- Off-site meals and excursion fees



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