

# Women Who Thrive

UNCOVER, RECOVER, DISCOVER - A three day workshop that aims to help you become a better self and empower any woman

Since the pandemic, a new type of travel has been rapidly emerging. One that is more about an experience or bettering yourself in a new environment amongst others, than the destination itself. Anca Precub embarks on such a journey.

I have always loved psychology, the human mind, and I'm a sucker for a good self-help book. Working by yourself, alone, can be great, but I thought I'd take on the challenge and join four other amazing ladies on a women's weekend retreat.

Compared to the types of retreats where you would go and lay by the pool, have massages and drink cocktails while talking about the men and women in our lives, this one was a bit special.

The "Women Who Thrive" retreat has been created and developed by women for women, with Sharon McKenna-Daniels at the helm as the director and trainer. Sharon is a therapist, coach and hypnotherapist, and she has used her over 20 years of experience in the field to create a programme for women that want to become their best self.

The retreat is an advanced workshop, that is held in various locations. I'm joining one held in Norfolk, at The Christmas Barn, a luxurious Grade II listed property on the Loddon Hall Estate.

biggest bedroom that also had its own en-suite bathroom.

In the bedroom our hosts have prepared a "care" package for us, including slippers, the softest bathrobe ever, a box of locally produced chocolate, a set of cosmetics and two crystals picked by the co-founder of the retreat Grainne McKenna-Daniels. Grainne is also a crystal healer, and picked the crystals just by intuition for each one of us. To our surprise, they all had properties that we felt we needed at the time.



Sharon and Grainne McKenna-Daniels



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The barn has 2 floors that accommodates 5 bedrooms, 3 sitting areas, stunning grounds and an open-plan kitchen with another sitting area. The exposed wooden beams give the property its character, and I was lucky enough to get the

I have no idea what to expect, so after driving through one of the most horrible storms and calling in advance to let my guests know I will be a tad late, I have finally arrived and am greeted by smiling faces, a cup of tea and a warm welcome.

As I am the last to arrive, I have a few minutes to settle with a tea and cookies, and was invited into the warming kitchen by David and Kevin, who were going to be our personal chefs for the weekend. They are the founders of the award winning Gnosh Catering, and you might have seen them on TV when they not only took part in the "4 In The Bed" show, but also took home the prize.



David Little & Kevin Wainwright

As everyone is excited to jump into things straight away, we are all invited into a comfortable and relaxed space on the first floor of the barn. After some short introductions, we are to dive right into the carefully designed programme.



The three days are divided into 3 distinct areas for us to work on. Day One is called "Uncover", and is focused on finding

more about the person that you are today, through various exercises. Day Two is called "Recover", and concentrates on the person you were yesterday, or the so called "historical adult". Finally, Day Three is labelled "Discover", as we learn more about the person we could become in the future.

During the whole three days, we are encouraged to take notes, and have been given supporting documentation with all the exercises that we will learn in the sessions. We also all have the opportunity to open up in front of the others a little more each day. The most surprising thing is that by the end of the three days, we all feel like we knew each other so much better, and a powerful connection is formed amongst the group.

I came to this retreat with an open heart, and open mind, but I didn't expect to be so open and vulnerable with my thoughts and feelings. Especially as we are sharing them not only with our in-house therapist, but also with other women that we have never met before.

As both the workshop, and the emotional workout are quite intense, at the end of the first 2 days you have the option to relax in your room with a variety of calming treatments. These could include aromatherapy, massages, crystal healing, reiki and reflexology. After an intense day of working with yourself, these were very much welcomed by all the guests.





I have personally opted for a crystal healing for the first day, as it's something close to my heart. For the second day I am going for the aromatherapy massage. I am amazed by the attention to detail and the care provided by both of my practitioners, and both treatments certainly help me relax.



The crystal healing is offered by Graine, who has all kinds of candles and amazing misting devices that give the room an incredible aroma. I lay on the massage table while she picks the crystals that she feels my body needs, and places them carefully on all my chakras. She is also able to tell me which areas she feels I need to work on and which specific crystals would help with that. Certain crystals are understood to help with things such as anxiety, communication and self-esteem.

The aromatherapy massage is also done in my room, and I am able to discuss with my masseuse the types of oils I would like to be used. This is by far one of the best massages I have ever had in my life.

At the end of each day, everyone is relaxing with a cuppa after their treatments, and chatting in the kitchen area where Kevin and David are soon making all of us laugh with their jokes and sense of fun. They are also doing a great job of making sure none of us go hungry, with all the delicious meals they are preparing for us.

The rooms are very cozy, and the whole barn is decorated to a high standard. Even after the first day, we are all wanting to stay for another week to just relax, take in the views and enjoy the countryside, especially as the food is incredible, and the company is quickly becoming like family.

This is not a workshop for someone who is not prepared to work with themselves. But I can assure you that no matter how sceptical you are, by the end of it you will leave with some insightful knowledge about yourself, as a human being, and also about how to navigate the relationships you have in your life.

I am leaving this amazing location with a fresh perspective on my life, and the relationships that I have with those around me. Sharon has provided all the participants, including me, with tools that we can use for the rest of our lives to improve the way we conduct our lives. This is truly a workshop that will help you become the best version of yourself.

Find more info at [www.womenwhothrive.co.uk](http://www.womenwhothrive.co.uk)



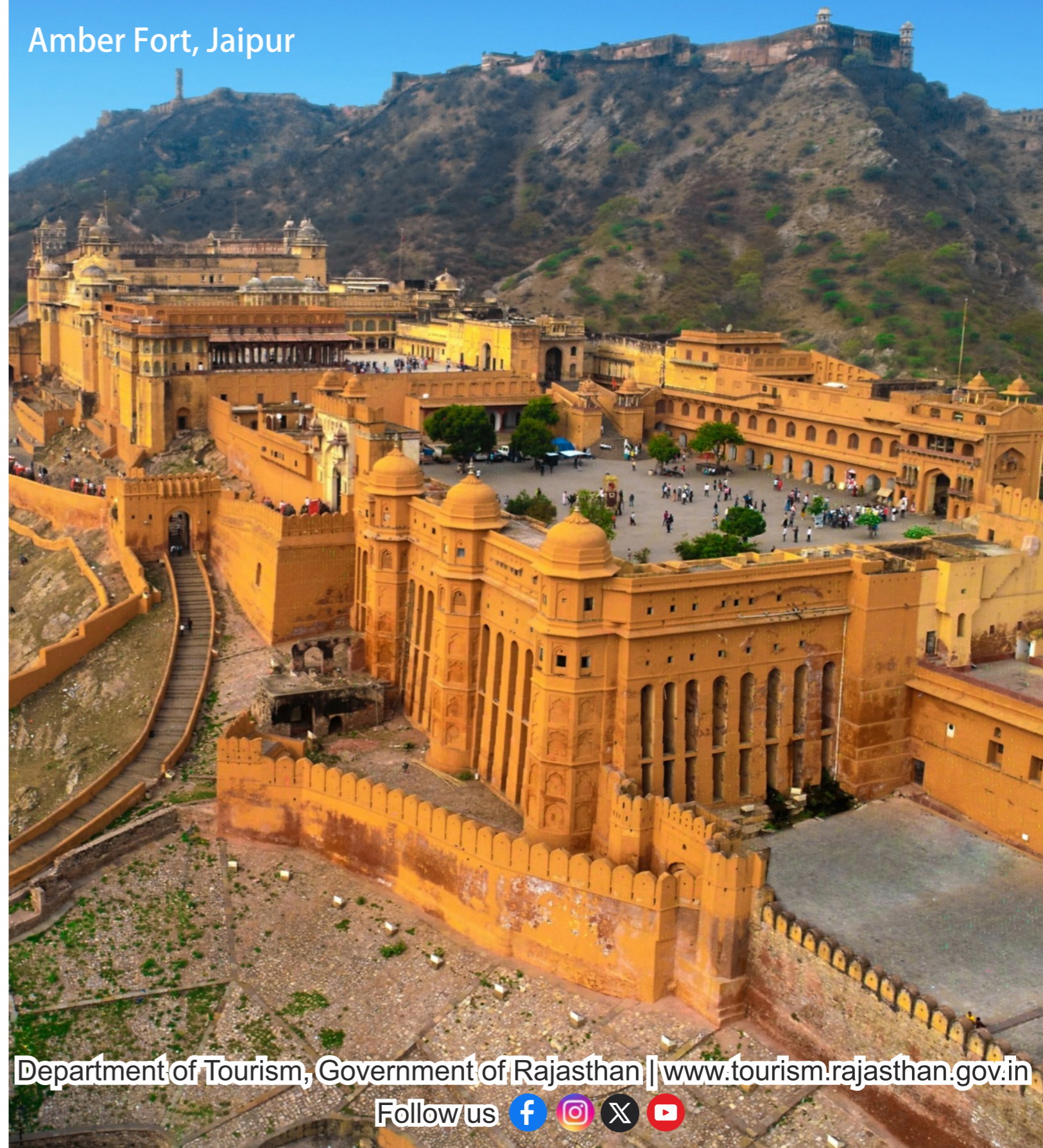
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