

# Reflect, **Renew** & Reinspire!

An end-of-the-year retreat.

**Sunday, December 1, 2024, 9:00am - 12:30pm**  
Centennial Park, **Sydney**



## A Half-Day **Retreat** with

**Dr Suzy Green & Dr William DeJean**

### Who should attend:

If you're interested in your personal growth and development, and you want to live a flourishing life filled with positive emotion, engagement, positive relationships, meaning and accomplishment (PERMA: Seligman, 2012), this retreat is for you.

### Join us!

If you want to bring out the best in your self and have time to reconnect to what's important to you, join us at the retreat!

### What to expect:

- Reflect on your life, your work, and the year
- Gain insight and clarity through walking the labyrinth
- Connect to what went well throughout the year
- Learn to let go of the things that are not working
- Find new ways to thrive both professionally and personally
- Set your intentions for the new year



To register go here: <https://unleash-learning.com/retreat/>

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### About the half-day retreat:

This unique experience is designed to help individuals mindfully close the year, and put into place action steps to begin the new year with purpose, intention, and inspiration.

### About the facilitators:

#### **Dr. Suzy Green**

is an internationally recognised psychologist, researcher, coach, and founder of The Positivity Institute, whose aim is to create flourishing lives and increase the well-being of the world.



#### **Dr. William DeJean**

is an internationally recognised educator, researcher and founder of Unleash Learning whose aim is to help innovative organisations expand their meaningful impact on the lives of others.



### Event information:

#### **Date:**

Sunday, December 1, 2024 - 9.00am-12:30pm

#### **Location:**

Learning Centre, Centennial Park, Sydney

#### **Cost:**

\$425.00 - GST inclusive

For more information email:

**info@thepositivityinstitute.com.au** or  
**hello@unleash-learning.com**



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