

THE SUMMIT RETREAT

PALCALL TSUMAGOI | JAPAN 2024

THE ULTIMATE CORPORATE WELLNESS EXPERIENCE

Escape to the serene beauty of Tsumagoi, Japan to embark on this transformational journey to enhance your mindset, performance, communication, human connection, physical and mental wellbeing going into 2024 and beyond!

The Summit Retreat combines an immersive workshop that will see you identify your unhelpful conditioning and activate the evidence-based tools to transcend it, in addition to experiencing the plethora of rejuvenating and fun wellness activities on offer.



the **open** mind institute

Location | Palcall Tsumagoi Ski Resort, Japan

Dates | Monday 26 February - Friday 1 March 2024

Duration | 5 Days

Price: | \$4,495 AUD (Tax-Deductible*)

INCLUSIONS

- ☀️ 5-Day Immersive Mindset and Performance Workshop facilitated by *The Open Mind Institute* with 1:1 Workshop and Coaching availabilities
- ☀️ 6-night Accommodation and Food Package (including breakfast, lunch and dinner) at the Palcall Ski Resort
- ☀️ 5-Day Skiing & Snowboarding Package (including rental and lessons) and Resort Pass
- ☀️ Daily Wellness Classes including Meditation, Stretch Class, HIIT Class, Tai-Chi & Reiki
- ☀️ Onsen - Japanese Hot Springs Experience and more!



WELLNESS AND MINDSET COACHING



REMOTE WORKING SPACE



NETWORKING OPPORTUNITIES



UPSKILLING & DEVELOPMENT



REWARDING EXPERIENCES

ITINERARY

Day 1

Orientation & The Power of Being Present

Orientation: Get to know your fellow Summit Retreat participants, meet your facilitators and event introduction!

Workshop: Evidence-based tools to optimise attention-control, self-awareness, metacognition and achieve flow states

Reflection Session: Design and discuss your 2024 goals

Plus Wellness Activities

Day 2

How to Enhance Productivity & Master Your Time Efficiently

Workshop: Masterclass in time management and productivity optimisation.

Reflection Session: Identifying high leverage activities and strategy mapping to achieve 2024 goals

Plus Wellness Activities

Day 3

Mastering the Art of Effective Communication

Workshop: How to leverage emotional/social intelligence and authentic relating to achieve successful working relationships.

Reflection Session: Identifying Drivers and Motivators. Adding to 2024 Growth Plan

Plus Wellness Activities

Day 4

Creating a Growth Mindset & your Higher-Self

Workshop: The Power of Mindset - Growth vs Fixed mindset, exteroception and using psychosynthesis to achieve personal transformation.

Reflection Session: Adding time-lines to 2024 Growth Plan

Plus Wellness Activities

Day 5

Self-Leadership, Closing Ceremony & Farewell Dinner

Workshop: Creating accountability and using self-leadership to actualise 2024 Growth Plan

Plus Wellness Activities

Closing Ceremony and Farewell Dinner: Celebrate your journey of transformation with fellow participants!

Daily Wellness & Recreation Activities

- * Skiing, Snowboarding (Lessons & Rentals)
- * Tai-Chi
- * Meditation/ Reiki
- * Stretch Sessions
- * HIIT Class
- * Onsen (Hot Spring)
- * Bonfire & Stargazing
- * Mindfulness Sessions



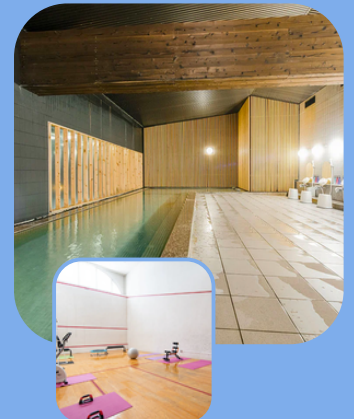
FACILITATORS

Paul Pitsaras is the founder, executive coach, speaker & managing director at The Open Mind Institute, a growth mindset & cognitive performance training & coaching institute servicing professional services around the world.



Mark Varitimos is a holistic health practitioner whose expertise spans from nutrition, exercise, mental health, hormonal health and disease. He has certifications in fitness, advanced leadership mentoring and reiki (just to name a few).

Further information about The Open Mind Institute at <https://www.tomi.org.au>



WANT TO BRING THE WHOLE TEAM?

FOR LARGER GROUP BOOKINGS ABOVE 20 PEOPLE:



10%

DISCOUNT OFF TOTAL PACKAGE



BOOK NOW & ENQUIRIES

THERE ARE LIMITED AVAILABILITIES FOR THE SUMMIT RETREAT 2024.



PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO RESERVE YOUR SPOT FOR THIS EXCITING EVENT.



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