

An Authentic Greek Live Well, Lead Well Experience

A Wonder For The Senses



Retreat Itinerary

JULY 9-15, 2023 | ALONISSOS, GREECE

Pre Retreat: July 8

All participants must be available to depart from Athens on July 9th.
Time and hotel location will be shared with participants at a later date

Highly recommend participants are in Athens July 8th

Day 1: July 9

Meet in Athens

All participants will meet in Athens July 9th, 2023 at a designated hotel.
Time and hotel location will be shared with participants at a later date.

- From Athens - mini bus will take participants to the ferry terminal
- Mandoudi ferry port to Alonissos

Arrival at Paradise Hotel, Alonissos July 9th

- Retreat stay July 9-15
- Setting the Stage - Welcome to Live Well. Lead Well. Retreat

Welcome Dinner

- Ostiria restaurant

Day 2: July 10

8:00am - 10:30am

- Breakfast

9:00am - 9:45am

- Facilitated Conversations
Reflect, Relax, Rejuvenate!
Live Well. Lead Well.

9:45am - 10:30am

- Introduction to Alonissos island and Paradise Hotel

10:30am - 2:30pm

- Walk to and explore Old Town
- Cooking class with Chef Giorgos
- Breaking Bread Together (lunch at Astrofegia)

2:30pm

- Open schedule to Live Well!

Dinner

- On your own

Day 3: July 11

8:00am - 10:30am

- Breakfast

9:00am - 9:45am

- Facilitated Conversations
The Power of Connections & Community

9:45am - 2:30pm

- Open schedule to Live Well!

2:30pm - 6:30pm

- Snorkeling and Beach Safari - three secluded beaches
Lunch provided

Dinner

- Optional dinner outing
Live Greek bouzouki music evening

Day 4: July 12

8:00am - 10:30am

- Breakfast

9:00am - 9:45am

- Facilitated Conversations
Self Reflective Practice - Exploration & Your WHY?

9:45am - 2:00pm

- Open schedule to Live Well!

2:00pm - 8:30pm

- Mama Mia Boat Tour & Sunset at Skopelos Island
Lunch provided

Dinner

- Optional dinner outing
Ouzo night on the town



Day 5: July 13

8:00am - 10:30am

- Breakfast

9:00am - 9:45am

- Facilitated Conversations
Leading with Intention - Building Capacity in Self and Others

9:45am - 11:30am

- Open schedule to Live Well!

Afternoon Guided Walking Tour

- Patitiri to Tourkoneri (3.5 hours)
- Optional guided walking tour to the Kastania Gorge (7 hours)

Dinner

- Optional dinner outing
Live music evening at Hagiati

Day 6: July 14

8:00am - 10:30am

- Breakfast

9:00am - 10:00am

- Facilitated Conversations
Gratitude - What are you taking back with you?

10:00am - 8:00pm

- Open schedule to Live Well!

8:00pm

- Dinner
Farewell evening beach dinner at Leftos Gialos
- Optional night swimming

Day 7: July 15

8:00am - 10:30am

- Breakfast

11:00am - 12:00pm

- Check out

Open schedule activities could include

Sitting by the pool, relaxing, exploring, hiking, walking, visit the beach, snorkeling, scuba diving, biking, spa day, etc.