



GOODWOOD
HEALTH & WELLBEING

EXECUTIVE RESET

FOR MINDS THAT ARE PRIMED FOR SUCCESS

Optimise your professional performance with a highly curated programme of specialist coaching in increased resilience, reduced stress and optimal gut health. This is a once in a lifetime opportunity to have personalised 1-1 coaching with our world-class experts, led by Julie Stokes, OBE.

This is a unique three-day retreat that brings together industry-leading experts focusing on the microbiome-gut-brain connection. When these three elements are working at optimal levels, individuals find that they enjoy more prolonged concentration and mental performance, better clarity of thought, improved memory and capacity for learning, sharper focus and greater energy.

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WHO IS THIS RETREAT FOR?

Today's leaders are under significant pressure to perform both in and outside work.

You may be looking for an opportunity to think deeply, rest, reset and leave with a clear plan that will help you to ensure both your mind and body are working well together. You will have the opportunity to have a confidential discussion on any

topics that are important to you – in or outside work. The Programme is designed to provide guests with the time, space and supportive environment in which to concentrate on what really matters to them in relation to their life, their purpose and the direction that want to take going forward. And, once they have learned how to reset their nutrition, this life-changing step will lead to the enjoyment of sounder, more restorative sleep and a generally improved mood.

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WHAT'S INCLUDED IN YOUR STAY?

You will have several hours of personal consultations with industry-leading experts who will take a deep-dive into your physical, mental and emotional health. These sessions are with;

Julie Stokes OBE – consultant level clinical health psychologist and executive coach

Kate Fismer – naturopathic physician specialising in stress, physiology and resilience

Stephanie Moore – gut health expert, nutritionist, counsellor and psychotherapist





BESPOKE HEALTH AND WELLBEING ANALYSIS

Prior to your stay we will ask you to complete a comprehensive health analysis which includes blood testing, your ability to cope with and respond to stress, as well as your mental and emotional fitness.

Blood test designed in partnership with Randox Health, the Goodwood Panel contains 31 markers linked to key health areas such as liver and kidney function, nutrition, metabolic status and inflammation.

First Beat™ connects the dots between your body's reactions and daily activities. It turns stress, recovery, sleep and exercise data into actionable insights, inspiring positive lifestyle changes.

RQi™ - The Resilience Quotient Inventory™ will provide you with feedback on your ability to cope, personally and professionally, during times of high pressure, rapid change and adversity.

Saboteur assessment - saboteurs are the negative voices in your head that can lead to stress, anxiety, self-doubt, anger, shame, guilt, frustration, and mind chatter. Based on groundbreaking work by Shirzad Chamine, this assessment will help you to understand what yours are in order to intercept them and thrive in all areas of your life.

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HEALTH & WELLBEING TALKS, GROUP PRACTICE, COMPLEMENTARY TREATMENTS

During your stay you can expect group talks from our specialists, holistic experiences such as sunrise breath walks and sound bathing, as well as complementary treatments and therapies.

STYLISH ACCOMMODATION AND GUT-FRIENDLY DINING

Three days in our Character Rooms situated in the historic 18th century part of the Goodwood Hotel. These unique rooms are each individually decorated, combining modern details with historic links to the Estate. Our turn down service also supports you during your week with Epsom Salt baths to detox through your stay.

Welcome bag with supporting document to guide you through your experience, and for your own notes.

Nutritious and delicious food of the highest quality. Our skilfully designed menus draw on Goodwood's field-to-fork philosophy and organic farming principles, healing your gut with sustainably sourced produce of the very highest quality.



OUR WORLD-CLASS EXPERTS

We have assembled the very best experts to ensure you leave with the necessary skills and knowledge to support a healthier, smarter and more productive workforce. Not only will you receive personalised support from these world-class professionals, you will also benefit from their decades of experience with daily talks, therapies and 1-1 sessions.



Julie Stokes, OBE

Julie's coaching is shaped by her deep understanding of how people and systems respond to change. This comes from over 30 years experience as a CEO, Non-Executive Director, and as a consultant level Clinical Health Psychologist. Her entrepreneurial career started in the NHS where she helped to establish one of the first hospital based Palliative Care Teams. Julie was described by Her Late Majesty Queen Elizabeth II as a 'Pioneer to the Life of the Nation'. Her career achievements were recognised with an OBE in 2006.



Kate Fisser

Kate is a Naturopathic Physician with a special interest in stress, physiology and resilience. She is an experienced speaker and facilitator, with training and certification in many different tools, as well as a certified coach and mindful self-compassion teacher with over 10 years' experience in the health and wellbeing field. She has been an expert advisor for global organisations for award winning campaigns, a special advisor for the development of a leading resilience psychometric tool, and an expert keynote speaker at conferences.



Elaine Williams

Elaine began her career in the field of psychology. Her interest in complementary therapies subsequently led her to study osteopathy, naturopathy and later acupuncture. Following her interest in acupuncture, Elaine spent time working in hospitals in China. Additionally, Elaine has spent time working in the NHS where she practised acupuncture affiliated to the oncology unit at the Royal Surrey Hospital. Notably, Elaine was voted one of the top 10 therapists in the world by Tatler magazine and also rated one of the top 10 therapists in Britain by The Telegraph.



Stephanie Moore

Stephanie began her career in the integrated health world in 1991 in the pursuit of discovering what creates vibrant health and wellbeing, and in turn has experience in an impressive breadth of training and specialities. Stephanie's passion and expertise focuses on neuro-science and nutritional psychology; the study of how what we eat directly impacts the function of the brain. Stephanie has focused on gut health and how it is fundamental to all-body health. She is also trained in numerous physical therapy disciplines and massage.



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