

DESTINATION ELEMENT

EMERGENCE

"Once you understand the foundations of cooking - whatever kind you like, whether it's French or Italian or Japanese - you really don't need a cookbook anymore."

-Thomas Keller

It's been three years since a pandemic swooped in and changed how we lived, worked, and played.

Several things changed in our daily lives and even now, things are different. **We're different too!** How do we integrate the challenges of the past with the gifts that were presented to us and maybe not recognized or realized? How do we harness the opportunities to shape our next chapter? Self-awareness and presence are core to recognizing new ingredients and recipes for our growth as leaders!

This exclusive program is specifically designed for the female leader. Studies consistently showed women leaving the workforce at higher rates than their male counterparts due to the additional pressures of the pandemic. Female leaders are still trying to balance all that existed before and now more is being added to their plate. This program takes a personal, collective, and integrated look at key ingredients for each person's next chapter – a chapter rich with learnings, balance, and personal results & satisfaction. While being intentional about our plan is key to our next chapter, we have to embrace and allow for emergence.

Emergence:

Occurs when an entity is observed to have properties its parts do not have on their own, properties or behaviors which emerge only when the parts interact in a wider whole.

We do not live in a bubble

Taking a different look at the wider whole through the lens of self-awareness and how we use and move within it is critical (and some argue the only way) to bring on and sustain change – change within us.

Practicing presence with mindfulness tools while applying new insights from our Enneagram, we will explore techniques designed to center us in the moment and slow us down.

Female leaders – Join us for an 8-day exclusive program at La Villa Bonita in Tepoztlán, Mexico. La Villa Bonita is a culinary destination in which all aspects of food and food preparation will be integrated into the program.

Cooking:

Transferring energy from a heat source to the food. It is as much about the ways heat changes the food as it is about the heat itself.

Cooking is naturally emergent

Cooking is only done by humans and food is another thing that is common for all living species on the planet.

So what happens when you embrace emergence, use cooking to draw insights into all aspects of life, and work with amazing women at an amazing location to explore our next chapter? You have this program!

Why this program?

- Exclusive program (*limited to 5 participants and exclusive use of La Villa Bonita*) of only female leaders led by a female executive coaches who are former corporate executives. This creates a safe environment to dive deeper, leverage similar backgrounds, and create meaningful results for each individual.
- Private, top-rated destination (<https://lavillabonita.com/netflix/>) in a beautiful Mexican mountain location away from life's daily hustle and bustle.
- Intentional focus on harnessing life and how we as female leaders can lead new journeys for ourselves and others with balance.

WHAT'S INCLUDED:

- Private deluxe room at La Villa Bonita for duration of program
- Airport transfers to and from Mexico City
- All meals and beverages (including alcohol) at La Villa Bonita
- All ingredients and equipment needed as part of the program
- All activities listed in Program Overview
- Executive coach for group and one-on-one sessions
- Assistance from our travel partner Viaku including 24-hour emergency assistance

NOT INCLUDED:

- Items of a personal nature such as snacks, souvenirs, laundry, etc.
- Gratuities
- Additional transportation not listed in program (i.e., taxi into town)
- Travel Insurance – optional but highly recommended

ESTIMATED TRIP COST PER PERSON

- Paid before December 31, 2022 (early bird)\$4,700
- Paid after January 1, 2023 \$4,900

THIS PROGRAM IS PERFECT FOR FEMALE LEADERS DESIRING:

- New ways to energize and emerge with self-awareness and presence in ways relevant and useful to them in their world (not a one size fits all!)
- Building new and meaningful connections with similar women in similar circumstances for additional support and insight.
- Getting away to disconnect from daily life and being able to really focus on what is needed for them and those around them.
- Translating insights into tangible plans that are sustainable and meaningful.
- Fun, growth, and exploration all in one amazing experience!



Tepoztlán, Mexico
September 17-24, 2023



Igniting potential



DAY 1: TRAVEL AND WELCOME

Sunday, September 17



Arrive at MEX (Benito Juarez Mexico City International) with airport pickup provided. The trip takes 1.5 hours from Mexico City to La Villa Bonita, and you will be greeted upon arrival with a delicious homemade cocktail such as Chef Ana's famous Margarita made with her own Calamondine Orange liquor as well as snacks such as guacamole, cheeses, homemade salsa, and tortilla chips.

Later that afternoon/evening, we will enjoy Chef Ana's 4-course chef's table gourmet dinner made from primarily local ingredients grown in the garden or from local providers. Dinner is served within our ample open-air kitchen in the elevated dining area, with a view of the valley above and below, including a 360-degree view of the mountains.

DAY 5: FINDING OUR GROOVE

Thursday, September 21

After a hearty breakfast, we will convene on a longer walk around town to just explore. When we return, we head back to the kitchen to continue to advance our culinary skills. After a day of cooking, we are again rewarded by an amazing meal in the elevated dining area. We continue to explore connections together and leverage each other as a community later that evening with your coach.



DAY 2: STRONG FOUNDATION

Monday, September 18

The day starts with Chef Ana's famous big breakfast with fresh fruit, biscuits, homemade jams and jellies along with a new traditional Mexican main dish each morning. We will go to the local Tepoztlán market to select the best ingredients from Chef Ana's local providers and bring these ingredients back for the cooking session in the open-air kitchen. After feasting on the fruits of our labor, you will have time to relax in the pool before reconvening as a group and your coach to discuss the day's events overlooking the valley with snacks and a beverage of choice.

DAY 6: FINDING OUR GROOVE (continued)

Friday, September 22

We start with a fabulous breakfast as usual and then head into town to visit the tortilla mill to understand the process of corn to tortilla. When we return, we begin our preparations to enjoy the grandeur of Mexican mole. This particular mole is from the state of Veracruz in the area called the Huasteca. After eating our efforts, relaxation is in order and having quality one-on-one time with your coach.



DAY 3: STRONG FOUNDATION (continued)

Tuesday, September 19

We start our day with a yoga class at the beautiful studio at the Hotel La Buena Vibra to help center us going forward. After breakfast and yoga, we learn the local Tepozteco dishes and cook up a storm with dishes such as huanzontles in a chile pasilla sauce as the main dish of the day. Then after we enjoy our late lunch, you can break by the pool, nap in a hammock, or take a walk into town. Later that evening we reconvene as a group to explore insights together led by your coach.

DAY 7: NEW INGREDIENTS

Saturday, September 23

After our delicious breakfast, we look to prepare ourselves to return back to our 'normal' world – but armed with new insights, connections, and tools. We will head to Amomoxthli Spa and Resort to experience an ancient cleansing practice (Temazcal) and immerse ourselves into the beautiful surroundings for final reflections and connections.



DAY 4: DEEPER EXPLORATION

Wednesday, September 20

Today we will join Chef Ana on a variety of activities. After breakfast we will witness a demonstration of how to make traditional lead-free artisan pottery from a producer in Tlayacapan by the name of Dona Chayo. Her family has produced pottery in the traditional way for generations.

We then will do a walking/eating tour of the Tepoztlan market, visit the Ex-Convent and museum (or nearby archaeological site) as well as try a wide variety of local delicacies in the market. Walk, learn and eat like a native - this is the farmer's market day in Tepoztlan with an opportunity to see the wide variety of ingredients and dishes that Tepoztlan has to offer.

DAY 8: NEW INGREDIENTS

Sunday, September 24



After breakfast, we will return to the Mexico City airport for our departure home.

