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Camiral Golf & Wellness Resort, Girona, Spain

# Golf, Performance & Wellbeing Retreat

Monday 12th - Saturday 17th June 2023



**WOMEN IN GOLF  
& BUSINESS**

EMPOWER • INSPIRE • COLLABORATE

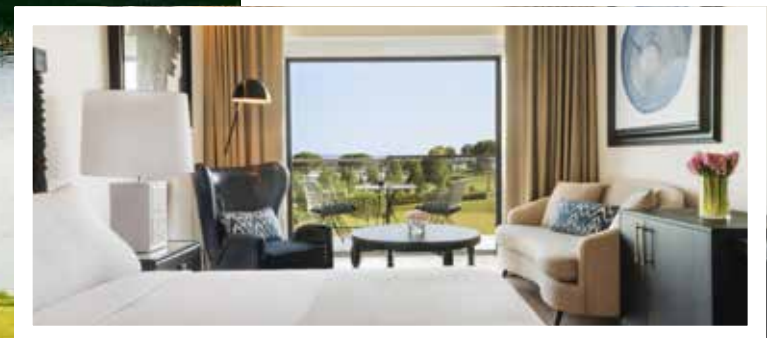
**golfttravel** group 





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Join us for an immersive programme that encapsulates performance, wellbeing and personal development combined with the opportunity to fully embrace time for you. Held at the stunning **Camiral Golf & Wellness Resort**, located just 10 minutes from the beautiful Spanish city of Girona, it offers a truly unique experience. Whether you are completely new to the game or looking to develop your skills as an established golfer, a warm welcome awaits. Meet like-minded women, learn new skills & take time for you and your personal growth, all whilst enjoying the luxurious surroundings of a fantastic resort and beautiful location. Golf offers fantastic benefits from both a professional, personal & wellbeing perspective, this retreat uniquely uses the golf course as a way to breathe fresh air into personal development, transferable skills and relationship building opportunities for the future.





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### Camiral Golf & Wellness Resort

A contemporary 5-star hotel in the heart of a breath-taking region. A place where your wellbeing is paramount. And where the possibilities for discovery are endless. **Perfectly located just ten minutes from Girona, and within easy reach of Barcelona.**

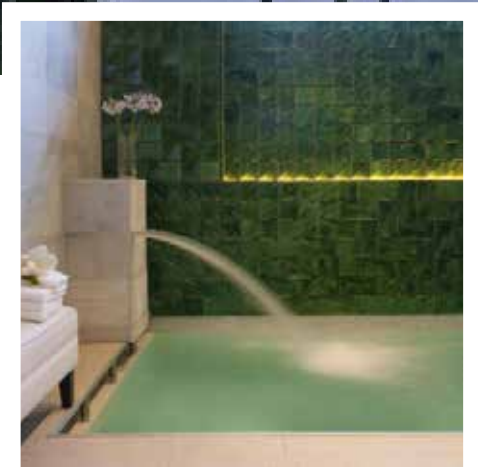
Deluxe Rooms:Contemporary, stylish and spacious; rooms have everything you need for a perfect stay. When you've finished enjoying the views, indulge yourself with all the amenities your personal oasis has to offer. The sumptuous beds, complete with pillow-top mattress, Egyptian cotton linens and plush pillows. Or the spacious en-suite bathrooms finished with oak flooring, hand-painted Spanish tiles and gilt-edged mirrors. Lie back in the generous bathtub, or revive in the rain shower. Then luxuriate in the soft, Spanish-woven cotton towels and robes.

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### Wellness at Camiral Spa

Relax, rejuvenate and take time for you! The wellness centre offers a holistic approach which allows you to experience pure relaxation during your treatment and leave with long-lasting benefits for the mind, body and soul. Nestled in the Catalan forests, with indulgent massages, technology-led treatments, a state-of-the-art gym and experts on hand, it's so much more than a spa.





### **Golf at Carmiral Golf & Wellness**

Stadium Course at PGA Catalunya Resort

Camiral Golf & Wellness Stadium course is rated the best golf course in Spain and the top 3 in continental Europe. This golfing masterpiece has been in play for about two decades now and still continues to be a top choice for golf lovers from all over the world. The resort also offers fantastic practice facilities to learn, develop and build new skills, ensuring both newcomers to the game and established golfers are well looked after in this stunning golf & wellness haven.



**Nicky Lawrenson**  
PGA Fellow Professional & Founder

Nicky embarked upon her professional career following several years of competitive golf and in 2001 attained her PGA Diploma gaining 3rd position within Great Britain and Ireland. She furthered her coaching career at The Emirates Golf Club, Dubai, where she gained invaluable experience as Senior Academy Instructor at the Peter Cowen Golf Academy. Following on from Dubai, Nicky moved to Spain as Academy Director of Roda Golf & Beach Resort and since returning to the U.K, continued with her coaching and became the Director of Golf at Bowood Hotel, Spa & Golf Resort. With over 20 years coaching experience expanding across several continents, Nicky has also pursued her passion within the field of performance mindset and alongside her experience as a PGA Fellow Professional and TPI Level 3 instructor is a certified Master NLP Practitioner. Her passion within this area also led her to study various concepts within human performance. In 2011 Nicky was awarded Fellow status within the Professional Golfers Association. With a coaching philosophy that bases itself upon a holistic approach, Nicky endeavours to develop each individuals golfing needs in an enjoyable, relaxed and simplified manner. Nicky has also gained vast experience within various corporate golfing environments and noticed a familiar pattern arose whilst working within this arena in that female participants were in the minority. A great passion grew within Nicky to ensure that businesswomen could fully embrace and capitalise on the benefits these environments bring.

- PGA Fellow Professional
- TPI Level 3 Professional
- NLP Master Practitioner
- NLP Coach



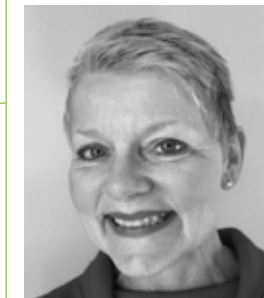
## Live Stream Guest Speakers

**Jeanette Harris** Leadership & Life Coach

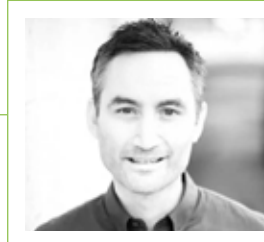
Jeanette Harris is an inspiring leadership and life coach for professionals. She has a track record of coaching for transformative change across the full range of seniority from top tier Execs to accelerated talent, with clients from multiple sectors including Financial Services, IT, HR and Engineering. Jeanette's career includes three decades in Financial Services with several years as the HR Executive of a large UK life assurance business. She draws on her solid business experience and a strong coaching skill set, working with empathy and commerciality, and embracing traditional cognitive approaches as well as tools that work at a deeper level. With 20 years' coaching experience and having forged a career in largely male dominated environments, Jeanette is passionate about enabling women to progress, flourish and make a positive impact within the corporate environment.

**Damion Wonfor** Executive Coach & Mindfulness Trainer

Damion is an experienced executive coach, coach trainer, mindfulness trainer, coach supervisor and facilitator. He has coached and trained at all levels within the private and public sectors in the UK and globally. Prior to starting an extensive coaching company, Catalyst 14, Damion spent eight years as a partner in a global coaching consultancy, where he led their coach education programmes, including the MSc in Coaching.



- EMCC Coach Practitioner (Masters level)
- NLP Master Practitioner; NLP Coach
- CIPD & OSCM Advanced Certificate in Coaching & Mentoring (Masters level)
- Level A & Level B Psychometrics



- MSc in Coaching & Development
- Master Coach (EMCC EQA)
- Senior Coach Practitioner (EMCC EIA)
- Advanced Diploma in Coaching Supervision (CSA)



## Itinerary

- 12th June:** Private transfer from airport & arrival at Camiral Golf & Wellness Resort. Welcome drinks reception & evening dinner with drinks.
- 13th June:** Introduction & welcome. Golf coaching – The set up fundamentals. Lunch. Workshop – ‘Making the Mind Matter’ - the power of focus, overcoming the pitfalls of perfectionism. Building confidence & self-belief, self-compassion, self-talk & self narrative. Golf coaching – Putting fundamentals.
- 14th June:** Golf coaching - short game fundamentals; Part 1. Workshop - The psychology of performance & happiness with live stream guest speaker, Jeanette Harris. Lunch. 18 holes on PGA Catalunya / additional coaching
- 15th June:** Golf practical, short game; Part 2. Lunch. Afternoon exploring the beautiful city of Girona (optional 18 holes at Camiral Golf & Wellness with Nicky Lawrenson\*)
- 16th June:** Workshop - ‘Hot-wiring your well-being’ Mindfulness/meditation with live stream guest speaker Damion Wonfor. Golf coaching, the long game. Lunch. 18 holes on the Stadium Course / additional coaching. Retreat summary & reflection. Farewell drinks reception & evening dinner with drinks.
- 17th June:** Private transfer to airport & departure.

Please note, the itinerary description may be subject to slight change

\*Supplement applies

## Package to Include

- Private return airport transfers from / to Airport
- 5 nights in 5\* Camiral Golf & Wellness Resort, Bed & Breakfast basis
- Prestige Twin / Double or Single room
- Welcome drinks reception & evening dinner with drinks
- Lunch each day
- Daily group golf coaching sessions with PGA Fellow Professional Nicky Lawrenson over 4 days
- Performance mindset workshops with PGA Fellow Professional, Nicky Lawrenson
- Live stream guest speaker sessions
- 1 hour Spa treatment to include use of the relaxation & wellness area
- 18 Holes on the Stadium Course
- 18 holes on the Tour Course
- Farewell drinks reception & evening dinner with drinks
- WIGB Gift Pack



### Package Cost

Twin occupancy = **£1,785 per person**

Single occupancy = **£2,150 per person**

Flights not included

### How to book

A non-refundable deposit will be required to finalise all arrangements, this can be made via bank transfer or by making a card payment over the phone.

Travel services provided by Golf Travel Group: Deposit requirements are £100 per person.

A full confirmation will be sent to you within 48 hours once all arrangements have been confirmed. The final balance will be due 8 weeks prior to departure.

### Deposit Payments

Please contact Breanne Loucks for deposit payments:

**breanne@golftravel.group**  
**0203 7974 7668**

Information Terms & Conditions  
The full terms & conditions of your booking are available on our website, click here to view.

**[www.golftravelcentre.com/term-condition](http://www.golftravelcentre.com/term-condition)**

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PGA FELLOW  
PROFESSIONAL