
ConstanceBelle Mare Plage, Mauritius Golf, Performance & Wellbeing Retreat

Friday 24th November – Friday 1st December 2023



WOMEN IN GOLF & BUSINESS

EMPOWER • INSPIRE • COLLABORATE

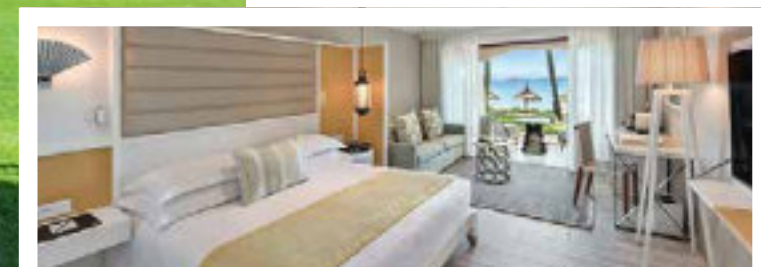
golft^ravel group





Join us for an immersive programme that encapsulates golf, wellbeing and personal development combined with the opportunity to fully embrace time for you. Held at the stunning **ConstanceBelle Mare Plage Resort, Mauritius**, located on the tranquil east coast of Mauritius, around 60km away from the Sir Seewoosagur Ramgoolam International Airport. This retreat offers a truly unique getaway and experience. Whether you are 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 idyllic location. Golf offers great benefits from both a professional, personal & wellbeing perspective. This one of a kind retreat uses the golf course to breathe fresh air into personal development and transferable skills whilst taking time to recharge, replenish & refresh.





ConstanceBelle Mare Plage 5*, Mauritius

Stretching along 2 km of a private, white sand beach, Constance Belle Mare Plage is the perfect choice for an unforgettable luxury getaway in Mauritius. Famed for its excellent 5–star service, warm atmosphere and lush tropical environment, Constance Belle Mare Plage will make you feel welcome from the moment you set foot on our stunning beach resort.

Your memorable holiday experience at this 5–star hotel in Mauritius also includes an endless list of activities for all ages and interests. Sheltered by an offshore coral reef, Constance Belle Mare Mauritius, is the perfect spot for snorkelling and diving, alongside with other water activities. With not one but two impressive 18–hole championship golf courses, Constance Belle Mare Plage is also without doubt the best golf resort in Mauritius.

Spa At ConstanceBelle Mare Plage

Relax, rejuvenate and take time for you!

Discover the serene atmosphere of Constance Spa at Constance Belle Mare Plage, tucked away in a quiet and exclusive area.

Relax, rejuvenate, detox, deep cleanse, re–hydrate or simply enjoy.





Golf at Belle Mare Plage

Opened in 1994, Constance Belle Mare Plage's first championship golf course set along one of the most beautiful beaches in Mauritius. Designed by South African champion Hugh Baiocchi, this 18-hole championship golf course is laid in the heart of an indigenous forest. The course was built according to USPGA specifications with velvet greens. The Legend golf course is home to the Mauritius Open and host to the European Senior Tour.

Links Golf Course

Opened in 2002, The Links is Constance Belle Mare Plage's second championship golf course within the resort.

Savour the views before setting out to play this stunning second 18-hole championship golf course at Constance Belle Mare Plage. Designed by Rodney Wright and Peter Allis and with a par 71, this course throws up its own challenges for golfers. One of the locations for the MCB Tour Championship, the final stage of the European Senior Tour, the course sits beneath the west-facing clubhouse, and is equipped with a practice fairway built according to USPGA specifications.

With 2 great golf courses and fantastic practice facilities, the resort offers a great opportunity for both newcomers to the game and established golfers to enjoy honing their skills in golfing paradise!





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 individual's 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

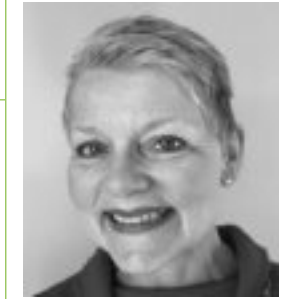
Jeanette Harris Leadership & Life Coach

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.

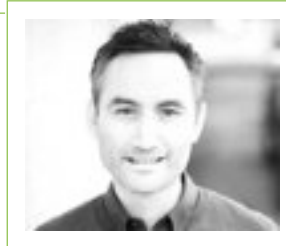
She draws on her solid business experience and a strong coaching skill set, working with empathy and commerciality, and embracing traditional cognitive approaches as well as tools that work at a deeper level. With 20 years' coaching experience and having forged a career in largely male dominated environments, 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 mindfulness trainer, coach supervisor and executive coach using a breadth of experience from the 20 years where he has been involved with leadership development. He delivers mindfulness programmes to large multinational organisations, across the private and public sectors in the UK and internationally. He is a certified Mindfulness and Meditation teacher and has also trained as a Mindfulness Based Stress Reduction teacher (MBSR) Teacher with Exeter University. Damion is a member of the European Mentoring and Coaching Council (EMCC) and Association of Coaching Supervisors (AOCS)



- 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

23rd November: Flights & travel to Constance Belle Mare Plage Resort

24th November: Arrival & private transfer Constance Belle Mare Plage Resort. Day of rest & exploration following overnight travel. Welcome dinner & drinks

25th November: Introduction & welcome. Golf coaching – The set up fundamentals. Lunch. Workshop – The psychology of performance & happiness. Building confidence & self-belief. Self-compassion, self-talk & self-narrative. Golf – 9 holes on Links Golf Course

26th November: Morning Yoga session. Golf coaching – Short game part 1. Lunch. Workshop – ‘Making the Mind Matter’ the power of focus. Golf – 18 holes on Links Golf Course

27th November: Morning Yoga session. Workshop – Purpose & Meaning – the higher force that drives & motivates us with live stream guest speaker, Jeanette Harris. Golf coaching – Short game part 2. Lunch. 18 holes on Legend Golf Course

28th November: Day off / opportunity to explore, catamaran excursion!

29th November: Workshop – ‘Hot wiring your well-being’ mindfulness/meditation with live stream guest speaker. Golf coaching – Full swing & long game. Lunch. 18 holes on Links Golf Course

30th November: Morning yoga session. Golf – 9 hole Texas Scramble format. Retreat summary & reflection. Lunch. Afternoon to relax, explore or both! Group dining & farewell drinks.

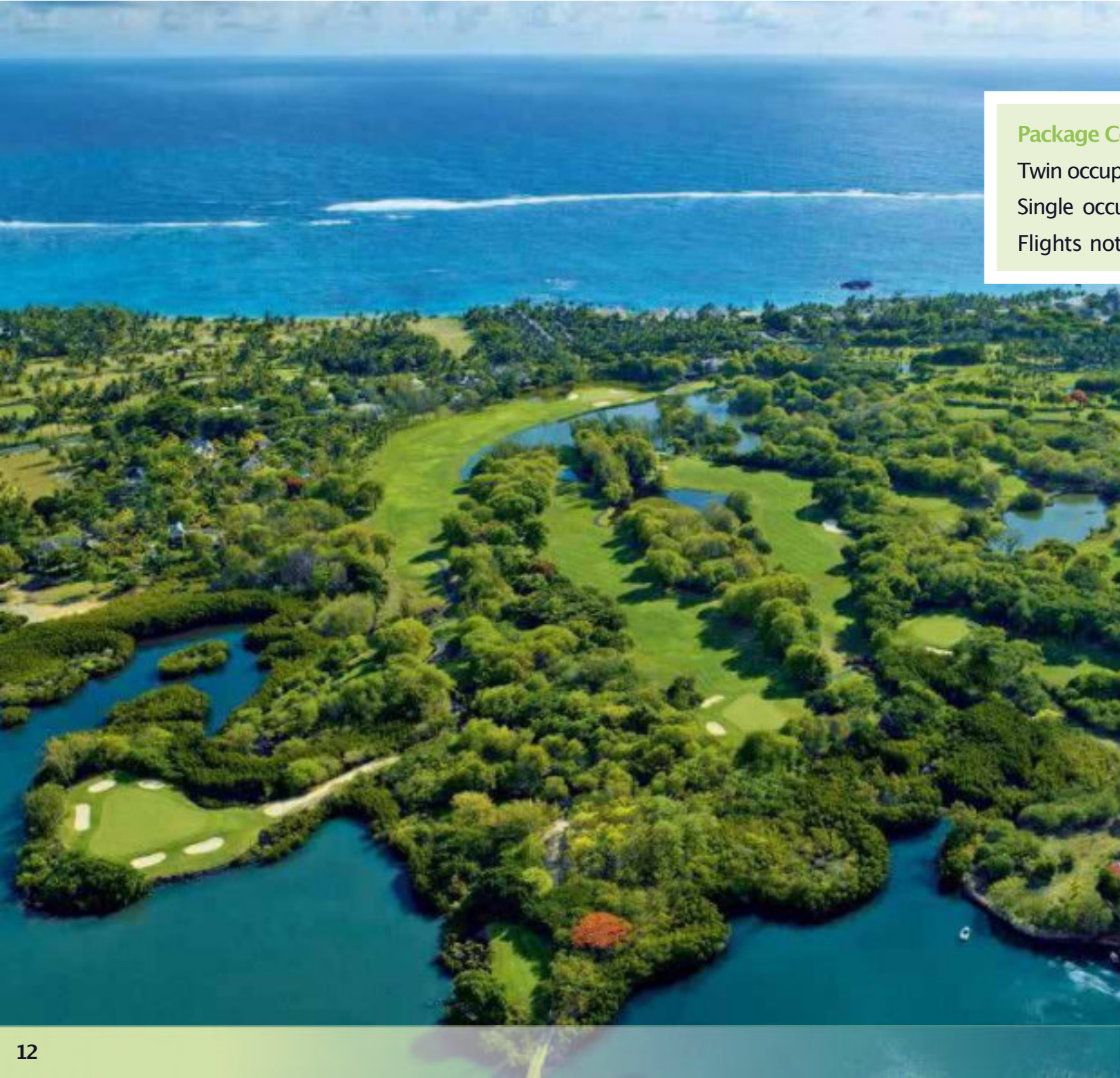
1st December: Departure & private transfer to the airport.

Itinerary may be subject to slight change

Package to Include

- Private return airport transfers from / to Airport
- 7 nights in 5* Constance Belle Mare Plage Resort based on all inclusive basis
- Prestige Twin / Double or Single rooms
- Welcome drinks reception
- Group golf coaching sessions with PGA Fellow Professional Nicky Lawrenson
- Performance mindset workshops with PGA Fellow professional, Nicky Lawrenson
- Group yoga classes
- Live stream guest speaker sessions
- One day catamaran excursion *
- Unlimited access to watersports
- One to one sessions with Nicky Lawrenson
- Unlimited golf on Legend & Links golf courses
- Farewell drinks reception
- WIGB Gift Pack

* Supplement applies



Package Cost

Twin occupancy = **£2,790 per person**
Single occupancy = **£3,595 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 £200 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

E: **nicky@wigg.co.uk**
M: **07751 622569**



For further details
please contact nicky@wigg.co.uk
or telephone 07751622569

www.wigg.co.uk



PGA FELLOW
PROFESSIONAL