

Camiral Golf & Wellness Resort, Girona, Spain

# Golf and Wellbeing Retreat

Monday 6th - Saturday 11th May 2024



## WOMEN IN GOLF & BUSINESS

EMPOWER • INSPIRE • COLLABORATE

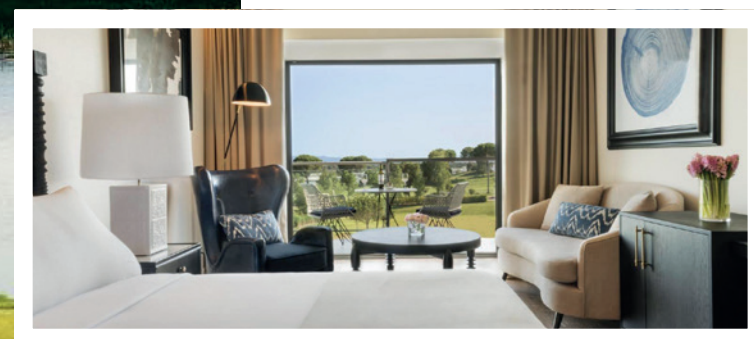
golftravel group





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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**

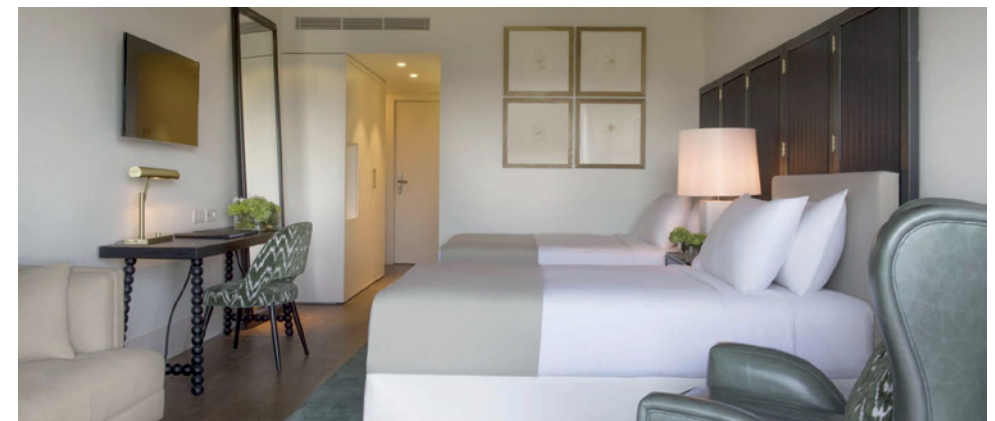
A contemporary 5-star hotel in the heart of a breath-taking region. A place where your wellbeing is paramount. And where the possibilities for discovery are endless. **Perfectly located just ten minutes from Girona, and within easy reach of Barcelona.**

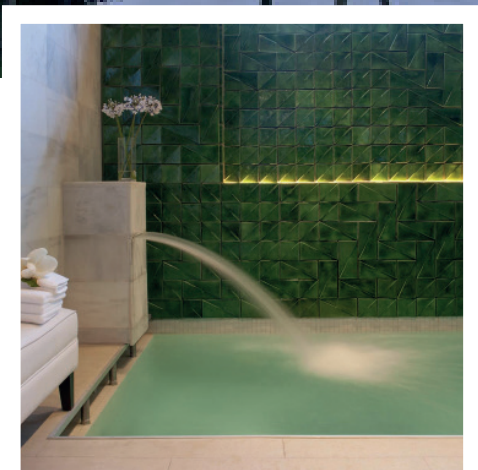
Deluxe Rooms: Contemporary, stylish and spacious; rooms have everything you need for a perfect stay. When you've finished enjoying the views, indulge yourself with all the amenities your personal oasis has to offer. The sumptuous beds, complete with pillow-top mattress, Egyptian cotton linens and plush 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

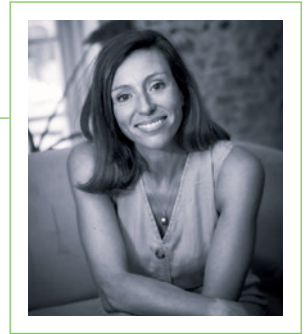
- PGA Fellow Professional
- TPI Level 3 Professional
- NLP Master Practitioner
- NLP Coach



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.

## Live Stream Guest Speakers

### **Sally Domingo-Jones** Strengths coach and facilitator



Sally is a somatic strengths coach who helps people and teams discover and use their strengths and values to live purposeful, happy and successful lives. She is experienced at coaching teams, groups and individuals and she has worked with people at all levels of the organisation from people starting out in their career and returners to work through to those climbing the career ladder and reaching senior leadership positions.

Sally has a passion for education and brings 20 years' experience of working in and with skills organisations to help promote the value of lifelong learning. She is a skilled and experienced leader having established, grown and led teams for several global organisations over the past 15 years. Sally also brings her experience as a yoga teacher into her work, helping people to embody their learning to create sustainable change.

- EMCC (European Mentoring and Coaching Council) Accredited coach at Practitioner level
- Clifton-strengths certified coach
- Diploma in Transformational Coaching
- Trained peer coach
- 300-hour certified yoga instructor



## Itinerary

**6th May:** Private transfer from airport & arrival at Camiral Golf & Wellness Resort.  
Welcome drinks reception & evening dinner with drinks.

**7th May:** Introduction & welcome.  
Golf practical – Set up & swing fundamentals.  
Lunch.

Workshop – ‘Making the Mind Matter’ - the power of focus, overcoming the pitfalls of perfectionism.

Golf practical – Putting fundamentals.

**8th May:** Golf practical - short game fundamentals; Part 1.

Workshop – ‘The psychology of performance & happiness’ with live stream guest speaker.  
Lunch.

18 holes on PGA Catalunya / additional coaching

**9th May:** Golf practical - short game; Part 2.

Lunch.

Afternoon exploring the beautiful city of Girona (optional 18 holes at Camiral Golf & Wellness with Nicky Lawrenson\*)

**10th May:** Workshop - ‘The inside edge’ - Building confidence, self-belief & self-compassion.

Golf practical - The long game.

Lunch.

18 holes on the Stadium Course / additional coaching.

Retreat summary & reflection.

Farewell drinks reception & evening dinner with drinks

**11th May:** Private transfer to airport & departure



## 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

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

\*Supplement applies



### Package Cost

Twin occupancy = **£1,845 per person**

Single occupancy = **£2,195 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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