

BALANCE

# BEAUTIFULLY BALANCED ME

FOR LEADERS WHO WANT TO BRING HEALING

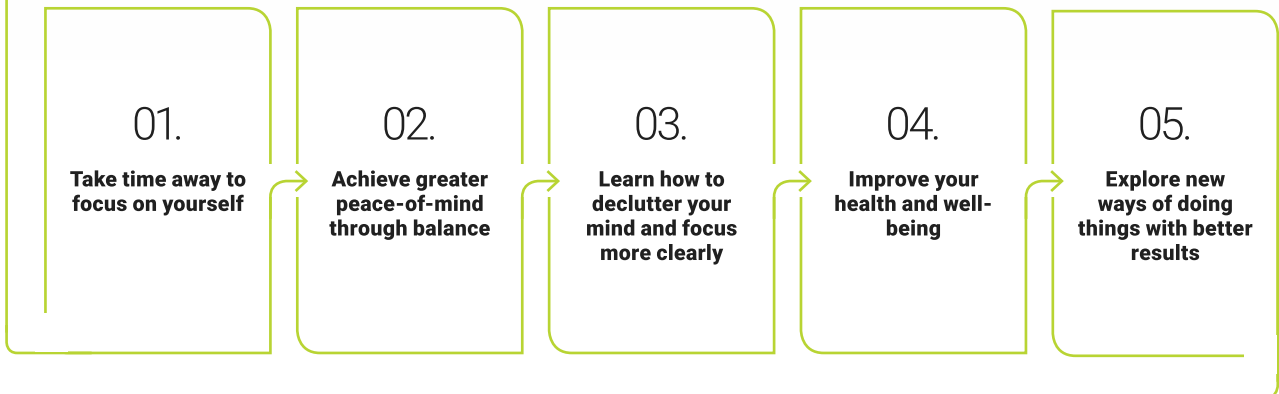


The busyness and pressure of modern life takes its toll on everyone.. OUR BEAUTIFULLY BALANCED ME JOURNEY provides and opportunity to step back and connect with yourself again, find peace and greater balance.

## A JOURNEY OF BALANCE:

These journeys are for leaders who know that their teams are experiencing fatigue and burn out. We leverage modern meditational techniques to seek balanced goals, thinking about our well being, navigating toward sustainable, positive and beautifully balanced outcomes. We recognise that we can perform our best when we look after ourselves and the important others in our lives. We take a mindful, gentle and intentional approach to achieving beautiful balance.

## PLOTTING THE JOURNEY:



## JOURNEY OUTCOME:

- An opportunity to place focus on personal well-being
- Learn how to find a better balance between work and personal life
- Gain greater personal focus
- Find new approaches for personal health and greater well-being
- Navigate new paths to greater performance through gentle mind work

**Duration**  
1 Day

**Timing**  
8:00 am - 5:00 pm

**Venue**  
The Inspiration Centre, Durbanville, Cape Town

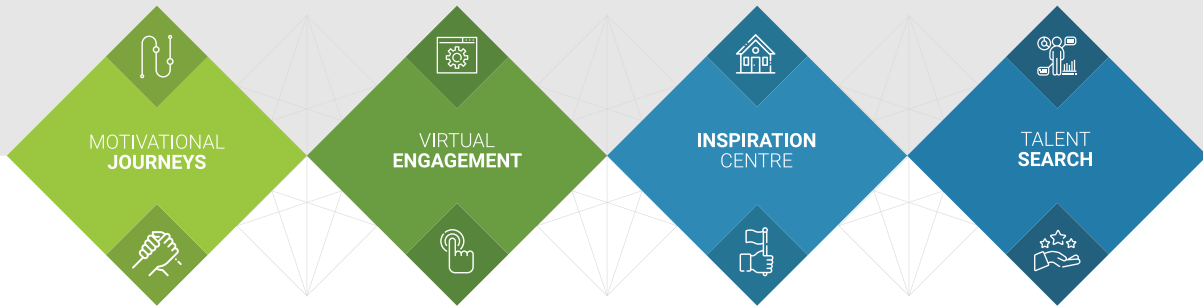
**NURTURE**

THE NURTURE DOMAIN FOCUS ON ENABLING WELLBEING

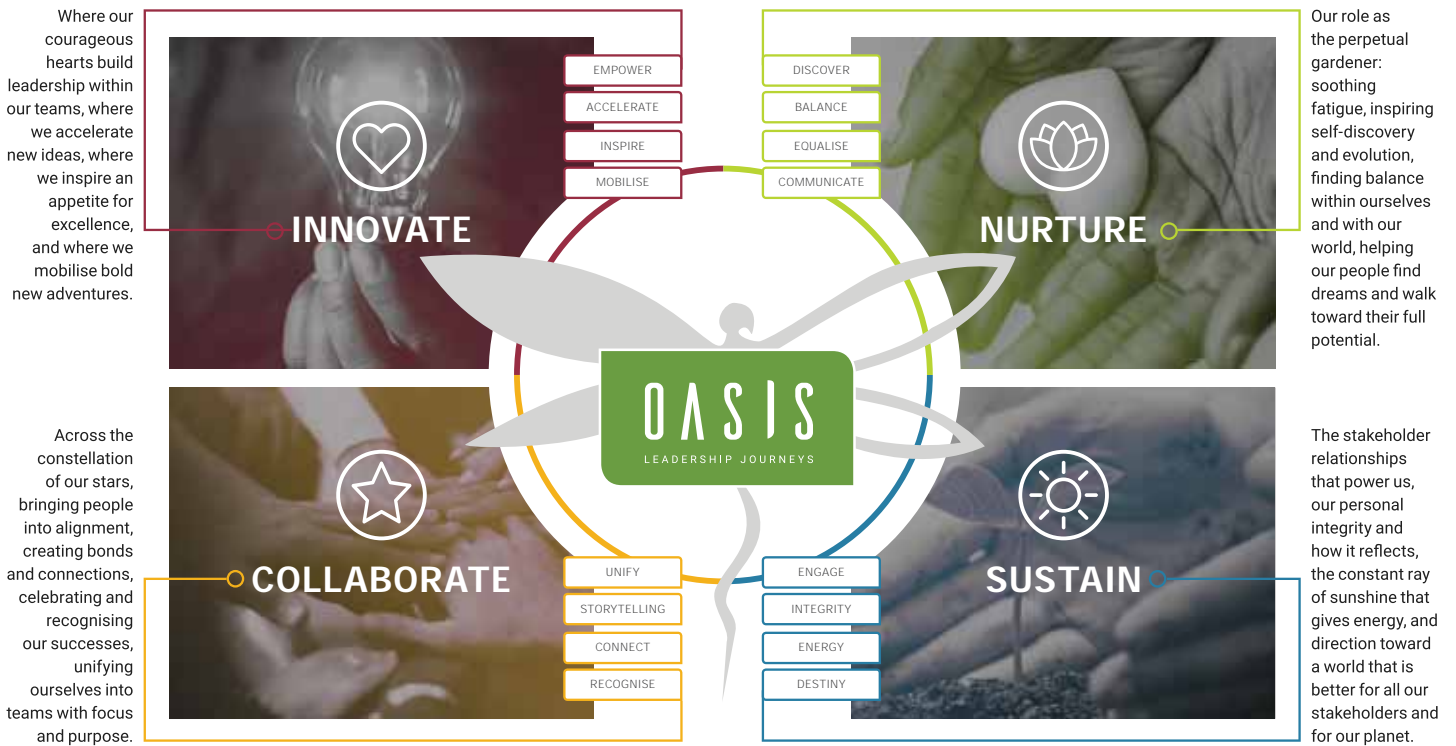
# About Empanda

## Helping Leaders to engage, enable and evolve tomorrow's world.

Journeys and experiences that help business leaders to lift motivation and build intention and purpose. We are artists of facilitation and storytelling, with a real world Inspiration Centre designed to welcome you, and a virtual platform to enable scalable, interactive connection with your wider world.



We have leveraged our decades of engagement, change and coaching experience to design a series of day long journeys that give a helping hand to leaders. These journeys give leaders 'wings', across four domains that have been crafted to support leadership excellence, team motivation and business performance.



We would love to welcome you, and support you in your mission. Our aim is to share our natural and special space, to hold a moment in time that is fresh, open and authentic: engendering a feeling of vitality. We want to make leadership an effortless, intentional and fluid experience. We ensure leaders and teams leave feeling energised, and imbued with practical and strategic insights. Come with your people to create and sustain the warm glow that comes from connection and open up beautiful, infinite possibilities. It is time to share dreams that motivate for a better future for all.

**Join us for a journey.**