

1 Day

Mindset Retreat



sarahpittendrigh.com

*Inspirational Speaker and
Life and Business Mentor to
Women in Business.*

Sarah Pittendrigh

I'm Sarah Pittendrigh, a proud mum, a multi-award winning entrepreneur and franchisor, and an Ambassador for Everywoman.

In my role as a Life & Business Coach I work with Female Entrepreneurs and executives who need support to get unstuck and identify and overcome any self-limiting beliefs that may be holding them back from pushing their meaningful goals over the line.

Using my 25 years experience in business as a multiple founder and high performing entrepreneur, I help my clients to reconnect with their why, their self-confidence, get back on "their to do list", build a growth mindset and write a strategic plan that will bring their goals to them without causing overwhelm.



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One Day Mindset Retreat

and breathe ...!

When did you last afford yourself some time to purely focus on you and your goals? To remember that you are a someone, not just a someone's?

I have created a one day mindset retreat set in my cosy home office overlooking the beautiful Northumbrian countryside, for you to take a day to indulge in YOU!

This is an opportunity for you to unravel how you are feeling, to slow down your whirring thoughts and to take your time to consider what you don't want and to breakthrough to find out what you really want out of your life and business moving forward.

I have created a confidential space where you can feel safe and lean on my extensive experience as a mum and serial entrepreneur. I will share with you the hindsight I have gathered through the decades when turning some hard hitting adversity in to stellar opportunities.

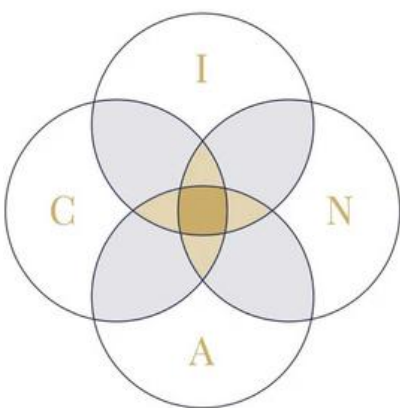




I am here as a sounding board, a confidante and an experienced ear to help you seek the clarity you need to move forward in your life/business or both.

I will share with you my empowering breakthrough strategy, you will have my complete attention and my hindsight to use as your foresight to achieve the outcome you so deserve.

The 'I Can' Method



The I CAN Method is a success ladder of 4 empowering steps, Ignite, Clarify, Action and Nurture. Within each step there are well thought out questions and exercises that I have curated using my own lived experience, to help you to think on a deeper and broader level.

[LEARN MORE ABOUT THE I CAN METHOD](#)

With no distractions, this is an opportunity for you to purely focus on you!

Programme Details

- ✔ Arrive 9.00 am at my home in Northumberland (beautiful accommodation nearby if required).
- ✔ You will probably be greeted by my hens who are ever so nosey. First grab some refreshments and then get straight into our introductions and you sharing with me what you would like to achieve in our time together.
- ✔ 9.30 am Session 1 Ignite | 10.45am Comfort break and refreshments
- ✔ 11.00am Session 2 | Clarify
- ✔ 12.30pm Lunch | I will provide for you a beautiful home cooked lunch. Take some time to relax and enjoy a welcome break.
- ✔ 1pm – 3pm | We will complete both Step 3 Action and Step 4 Nurture



This day is designed to really help you to work through the challenges that have been restricting you from pushing your meaningful goals over the line. The challenges that are draining your energy and leading you to procrastinate rather than go out and grab what really matters to you.

The aim is for you to leave my office feeling inspired, energised, motivated and ready to go and realise your potential and purpose.

**Book your free
and confidential
discovery call
here today.**

£1,200

CONTACT TO BOOK: [SARAHPIITENDRIGH.COM](https://www.sarahpittendrigh.com)

