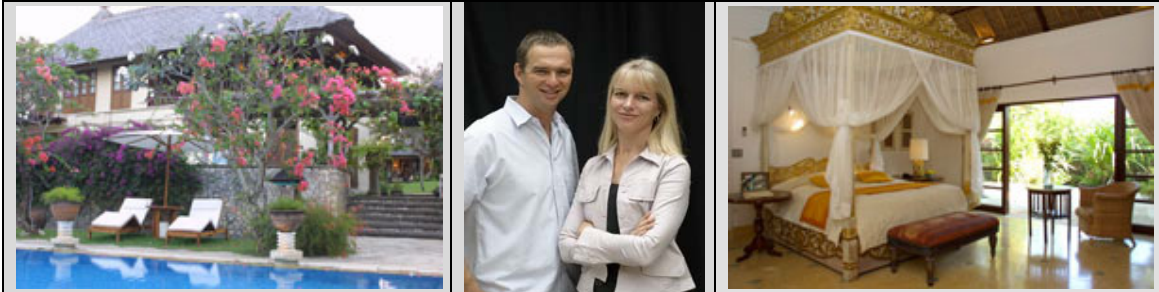




FINDING A BALANCE

EXECUTIVE LIFESTYLE RETREAT in BALI



*Have your life obligations caught up with you?
Would you like to be able to take some time out to reprioritise?*

This unique workshop in Bali is designed to help refocus... rebalance... and realign life values. Set in a comfortable home environment with stunning gardens and luxury villa accommodation, the sessions are designed to provide the master tools needed to tune up and to get into shape... mentally, physically and emotionally. Information about the latest psychological and physiological research is combined with simple practical exercises, targeted group discussions and focused relaxation opportunities. The context of Balinese village life provides a fascinating framework for approaching contemporary lifestyle issues from a different perspective.

The inspiring workshop program is hosted by Gaia Grant and Andrew Grant, directors of corporate management consultancy TIRIAN International (www.tirian.com). Andrew is a popular international presenter in the areas of personal and interpersonal competence, and Gaia is known for the unique cross-cultural focus she takes in her workshops. Gaia is also the author of 'A Patch of Paradise' (www.patchofparadise.com) and 'The Rhythm of Life' (Random House) – personal stories of the dramatic lifestyle transitions she and Andrew have made, including how they have maintained a strong corporate presence in a competitive market while regaining their own life priorities. Both Andrew and Gaia have had extensive media coverage internationally for their work. Introducing the need for personal responsibility and empowerment in a motivating and often humorous way, Andrew and Gaia are a dynamic husband and wife team who provide clear ideas and directions for finding a balance in life. Their clients include executives from companies such as Citibank, PWC, Disney, MTV, Starwood, and HP.

"I dreamed of finding a simpler lifestyle, of getting back to the core values that made life meaningful for me. I wanted to find a traditional village somewhere and absorb myself in a different way of thinking and being..."

From 'A Patch of Paradise: A woman's search for a real life in Bali' by Gaia Grant.

PROGRAM OUTLINE:

INTRODUCTORY PROGRAM DATES MAY 12 -14
(Enquire now for other dates info@tirian.com)

Day 1: THURSDAY

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|--------|--|
| AM | Arrival |
| LUNCH | Local specialties sampler |
| PM | Individual assessments and inspirational facts: <i>Gauging where you're at through questionnaires, interviews and group discussions</i>

<i>The balancing act: Prioritising and time management for personal and professional well-being</i> |
| DINNER | Seafood BBQ with smorgasbord of fresh organic fruits and vegetables |

Day 2: FRIDAY

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| AM | You and the significant others in your life: <i>Knowing yourself better, and improving your personal and professional relationships through DiSC personality profiling</i> |
| LUNCH | Healthy wraps |
| PM | Healthy lifestyle focus, leisure options and scheduled one-on-one interviews and small group focus talks. |
| DINNER | A Balinese celebration: Balinese food and music |

Day 3: SATURDAY

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|----|---|
| AM | Stay positive!: <i>Positive thinking principles and practical goal setting for sustained change</i> |
| PM | Leisure options and departure |

Sessions include:

- Personal and group assessments
- Mental management techniques
- Personality profiling
- Relationship mapping
- Time prioritising
- Personal consultation and coaching
- Goal setting and implementation

Leisure options can include:

- Massage and spa treatments
- Beach bathing
- Yoga*
- Cooking classes *
- Golf *
- White water rafting *
- Horse rafting *

** Additional cost*