

# **BRAVE BOOTCAMP**

**STOP DREAMING. START DOING.**

**ARE YOU DREAMING OF A LIFE BETTER LIVED?**

**AN EXCITING LIFE IN A NEW COUNTRY?  
REPLACING THE 9-5 WITH WORK FREEDOM?  
HAVING A LIFE THAT YOU TRULY LOVE?:  
BREAKING FREE FROM THE DAILY GRIND?  
THE COURAGE TO START SOMETHING NEW?**

# EVERYTHING IS POSSIBLE

LET'S MAKE IT HAPPEN FOR YOU.

3 NIGHT PRIVATE RETREAT IN NORTH  
IBIZA FOCUSED ON MAKING IT HAPPEN

HEAR YOUR TRUTH.  
MAKE DECISIONS.  
TAKE ACTION.

WITH CREATIVE CAREER AND LIFE  
COACH LETESIA GIBSON

# DESIGNED JUST FOR YOU

IT'S EXACTLY WHAT YOU NEED

COACHING IN AMAZING LOCATIONS  
SUNRISE OR SUNSET MEDITATIONS  
YOGA AND BREAKFAST ON BEACH  
MIND CLEARING COUNTRYSIDE HIKES  
LAZY LUNCHES AT ISLAND HIDEAWAYS  
FREE TIME TO RECONNECT WITH YOU  
HOME-STAY IN MY SEAFRONT PROPERTY  
ALTERNATIVE THERAPIES AS REQUIRED

# COURAGEOUS CONVERSATIONS

**GETTING TO THE HEART OF IT**

WITH THE MAGICAL IBIZA ENERGY, MY  
CREATIVITY, INSPIRATION AND TRUTH SEEKING,  
YOU WILL BE ON A TRANSFORMATIONAL  
JOURNEY FROM THE MOMENT YOU ARRIVE.

IT WILL BE FUN. IT WILL CHALLENGE YOU. IT WILL  
ENCOURAGE YOU. IT WILL GIVE YOU CLARITY ON  
WHAT NEEDS TO BE DONE. AND YOU WILL FEEL  
NEW MOTIVATION TO DO IT.

# POSITIVE ENERGY FOR CHANGE

**NEW POSSIBILITIES**

ARRIVE ON THURSDAY NIGHT, LEAVE SUNDAY  
LUNCHTIME.

HOME-STAY WITH OWN ROOM AND BATHROOM  
WITH THIS STUNNING SEA VIEW AND POOL

MOMENTS AWAY FROM TWO OF THE ISLANDS  
MOST LUSCIOUS BEACHES, SURROUNDED BY  
PINE FORESTS AND THE SEA.

# EXAMPLE ITINERARY

## THURSDAY PM - ARRIVE

COLLECTED FROM THE AIRPORT FOR A STRESS FREE ARRIVAL.

WE SETTLE INTO YOUR HOME FOR THE NEXT FEW DAYS WITH A HOME COOKED SEAFRONT DINNER

FIRST COACHING SESSION ON SUNSET WALK WHERE WE WILL CONNECT TO THE REAL WORK TO BE DONE.

## FRIDAY - TRUTH

TRUTH CAN BE TOUGH. THIS IS A DAY DESIGNED TO SUPPORT YOU TO GET TO THE HEART OF WHAT YOU WANT AND WHAT'S HOLDING YOU BACK FROM HAVING IT.

WE START WITH YOGA & BREAKFAST AT THE STUNNING RESTAURANT AIYANNA

COACHING SESSIONS AND ACTIVITIES ON OUR PEACEFUL, PRIVACY-GIVING BEACHES

FREE TIME FOR REFLECTION AND TREATMENTS FROM AMAZING THERAPISTS I KNOW

DINNER AT LOCAL GEM ATZARRO, A TRUE IBIZA LEGEND



## SATURDAY - DECISIONS

WE'LL START WITH A NUTRITIOUS BREAKFAST ON THE TERRACE BEFORE WE HEAD OFF FOR A WALK ALONG THE BEAUTIFUL COASTLINE OF THE NORTH.

HERE WE'LL BEGIN THE PROCESS OF DECISION-MAKING THAT NEEDS TO HAPPEN TO MOVE YOU CLOSER TO YOUR BETTER LIVED LIFE.

WE'LL LUNCH AT A LOCAL PLACE ON A TINY BEACH NOT FAR FROM MY HOME WHERE WE CAN CELEBRATE THE BRAVERY OF YOUR DECISIONS

FREE TIME FOR REFLECTION AND TREATMENTS FROM AMAZING THERAPISTS I KNOW

WE'LL END THE DAY ON THE SPECIAL BENIRRAS BEACH WHERE WE HAVE OUR FINAL SESSION OF THE DAY AS THE SUN SETS.

## SUNDAY - ACTION

WE CAN ALL TALK A GOOD GAME BUT IT IS DOING THAT GETS US CLOSER TO OUR DREAMS.

THE MORNING WILL BE SPENT PUTTING ACTIONS IN MOTION SO THAT YOU LEAVE KNOWING THINGS ARE MOVING.

WE'LL LUNCH AT CALA VINCENTE AT THE TO DIE FOR BOATHOUSE FOR A TRUE CELEBRATION OF THE AMAZING PROGRESS YOU'VE MADE ON THIS JOURNEY.

THEN IT'S OFF THE AIRPORT, TO GET YOU HOME READY TO STEP INTO EVERYTHING YOU'VE CREATED WHILST BEING HERE!



# INVEST IN YOU

**VALUE YOUR AMBITION**

**THE INVESTMENT IS £1100**

**THIS INCLUDES ALL COACHING SUPPORT,  
ACCOMMODATION, YOGA AND BREAKFAST AT  
AIYANNA, MEALS AT HOME, AND ALL  
TRANSPORT ON ISLAND.**

**EXTRAS:  
RESTAURANTS  
ALCOHOL  
TREATMENTS/THERAPIES**

# I'M INTERESTED!

**BOOK A CALL WITH LETESIA**

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[HTTPS://CALENDLY.COM/BRAVEBOOTCAMP](https://calendly.com/bravebootcamp)

[LETESIA@LIVESBETTERLIVED.COM](mailto:LETESIA@LIVESBETTERLIVED.COM)

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