



Life Time Retreat

EXPLORE · REFLECT · ENVISION



The place to meet
your best self

Monte da Palmeira
Faro/Algarve
Portugal

Available dates in 2017
October 2–6 and
October 23–27

LIFE IS A GIFT – HOW TO MAKE THE BEST OF IT?

As we mature, time gets more and more precious and naturally fundamental questions arise:

- **Who am I, and what exactly do I stand for – today and in the future?**
- **What is my purpose or vision in life, and what could be my legacy?**
- **What makes a good life?**

In times of transition, both personal and professional, the wish to find answers to these questions typically becomes more pressing.

What can you do about it? How to get started, and where to find the time and tools needed to prepare yourself for a future of purpose and impact?

Take time for a unique life retreat in Faro, Portugal, to 'make the rest of your life the best of your life'.



explore

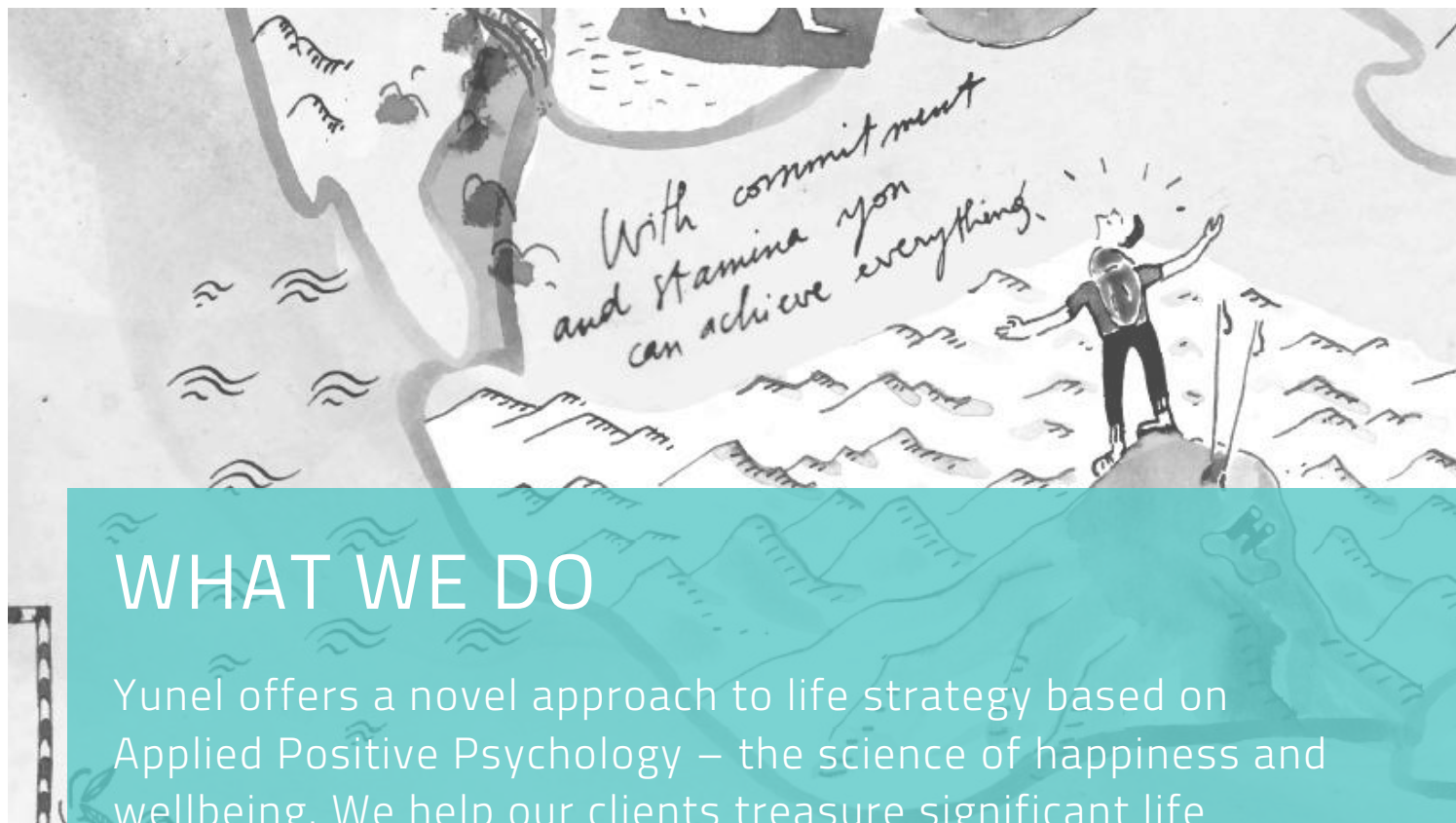
what makes your life most worth living

reflect

on your character strengths, values, and ambitions

envision

a future in which you live your best self – a life rich in health, growth, and happiness.



WHAT WE DO

Yunel offers a novel approach to life strategy based on Applied Positive Psychology – the science of happiness and wellbeing. We help our clients treasure significant life experiences, embrace the art and science of happiness, and prepare themselves for a future of purpose and impact.

01 INDIVIDUAL PROGRAM

Five half-day sessions one-on-one in English, German or Danish with a dedicated Yunel facilitator.

You will be one of six like-minded people around – with ample leisure time to unwind, reflect and relax on your own.

Access to private sports classes or massages.

02 TRANSFORMATIVE RESULTS

Vivid picture of 'me at my best' based on personal strengths, values, and sources of meaning.

Inspiring vision for a personal fulfilling future.

Carefully designed synopsis of key insights.

03 STUNNING SETTING

Magnificent setting in the Algarve to feel inspired and enjoy with all your senses.

Traditional farmhouse villa with private rooms and spaces for contemplation.

In sync with nature, away from the everyday noise of the world.



01 INDIVIDUAL PROGRAM

The individual program is based on Yune!’s unique methodology and includes a mix of Positive Psychology essentials, semi-structured interviews, and selected techniques from the science of happiness and wellbeing.

Focus of the one-on-one sessions

- **Day 1: What flourishing is about** – introduction to the science of happiness and wellbeing
- **Day 2: ‘Me at my best’** – character strengths, engagement, and states of flow
- **Day 3: My sources of gratitude and joy** – positive emotions and relationships
- **Day 4: My purpose and sources of meaning** – life goals, values, and meaning
- **Day 5: My vision** – synthesis of sessions 1-4 as a foundation for a future of purpose and impact

02 TRANSFORMATIVE RESULTS

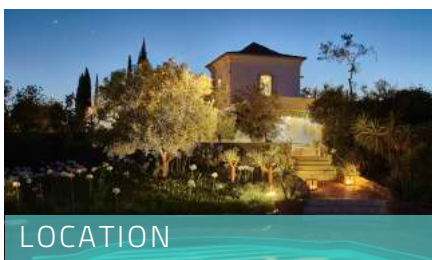
Vivid picture of ‘me at my best’ based on your strengths, values, and sources of meaning.

Inspiring vision for a fulfilling future of purpose and impact, anchored in a personal mission/vision statement.

Carefully designed booklet with retreat insights as a springboard for developing your future game plan.



03 STUNNING SETTING



LOCATION

A beautiful villa in the Algarve, surrounded by a large estate of olive, cypress, and palm trees.

Situated on top of a hill overlooking the unspoilt rural surroundings of Loulé and São Brás de Alportel.

<http://monte-da-palmeira.com/>



ROOMS

Designed to enhance your experience – Monte da Palmeira is a traditional Portuguese farmhouse villa carefully restored to offer a range of modern comforts.

Each of the spacious bedrooms has a private bathroom and an individual appeal.



AMENITIES

Our private chef will lovingly prepare local delicacies and introduce you to the flavors of the Algarve. Various nooks invite you to lounge and seek solitude.

Reenergize through tennis, golf or surfing nearby. Or book a massage therapist, a pilates or yoga class on the premise.

WHO WE ARE – YOUR FACILITATORS



Dr. Kerstin Humberg
*Founder and Managing
Partner of Yunel*

- Certified trainer in Positive Psychology
- Former researcher and business consultant with a passion for social entrepreneurship



Marianne With
Partner of Yunel

- Certified consultant in Positive Psychology
- Experienced purpose and brand consultant, thriving on good conversations in nature

OUR BASIC BELIEFS

We believe in the transformative power of Applied Positive Psychology.

We are certain that there are multiple pathways to purpose, happiness, and impact – at any time.

We are convinced that courage, curiosity, and imagination lead to a richer life.

We believe that unfolding life 'from good to great' deserves dedicated time to explore, reflect, and envision.

We are committed to the effectiveness of structured and evidence-based approaches.

Together we bring along 50 years of professional experience in business consulting, facilitation, and Positive Psychology. We love to explore countries and people. We are driven by a growth mindset, eager to unleash our own – and others' – full potential. We are strategic facilitators.

WHAT CLIENTS SAY ABOUT YUNEL

The process is very inspiring and insightful – leading you through hidden treasures of your past – a perfect kickstart to developing a game plan for your future. I can't imagine doing something like this on my own.

Stephan, consultant (55)

Yunel facilitators come with an amazing combination of creativity, business mindset, and profound experience in Positive Psychology.

Mary, self-employed (49)

”

Yunel's products are simply unique – always visual, thoughtful, and high quality. They stay with you – anchoring your key insights and vision for the future.

Markus, policy advisor (52)

GET READY FOR YOUR LIFE TIME RETREAT

WHO THIS IS FOR

Executives, leaders, and entrepreneurs who envision a future in which they thrive. Participants will benefit from our structured approach and tools in personal and professional contexts.

AVAILABLE DATES

- October 2-6, 2017 (with arrival on Oct 1)
- October 23-27, 2017 (with arrival on Oct 22)

Please note that we have limited availability for both retreats.

TRAVEL LOGISTICS

Faro is the closest airport and only a 20 minute drive. Lisbon is 2.5 hours away.

OFFER/COST

6.600 EUR (plus 19%VAT) for

- 5 half-day sessions one-on-one with a Yunel facilitator
- 6 nights in Monte da Palmeira in a spacious room with private bath attached, single occupancy
- Full board provided by a private chef
- Synopsis of key insights in a carefully designed booklet with text and images
- Optional shuttle from Faro airport

We offer a 5% discount for 'early bird' registration before June 20 and to those who make a friend sign up for the retreat.

Please note that flights, other travel-related expenses, and private leisure activities (sports classes or massages) are not included.

You want to know more or join us in October?

Give us a call on

+49 170 2920474 (Kerstin Humberg)

+49 163 600 3909 (Marianne With)

or e-mail us on info@yunel.de

Registration closes on July 20, 2017.

