



New retreat to empower professional women to tackle unprecedented times

Christchurch, 26/08/2020: Many women are stretched to breaking point to keep their careers, businesses and families on track in these unprecedented times.

Rethink Retreat is now offering a brand new concept to enable hard-working women to take a breath from their everyday routines to nurture their mind and body, whilst exploring a new approach to life and business.

This unique Rethink Retreat is a three-day professional development course with an overarching focus on mental wellbeing at the most beautiful location around the South Island, starting on November 5, in Hanmer Springs.

“The idea was born during the first lockdown when we noticed the strain and exhaustion many women were facing,” says Kathryn who created the concept with Colette van Boxtel. “Our economy has changed, the way people do business has changed and we’ve all had to rethink the way we do things.”

Kathryn says that the retreat will give women the opportunity to meet other like-minded women and the tools for a fresh approach to business. “Busy women always find it difficult to take time for themselves, so our retreat will give them permission to take a breath from everyday life.”

Colette says that many women underestimate the influence they have on others, especially other women. “We want every woman who joins us to appreciate their influence and understand their true value,” explains Colette. “As professional working mothers, we understand the challenges they face with juggling their career, families and other commitments. We want to not only give them an opportunity to take some time for themselves, but to empower them with the tools to face their challenges and the inspiration to achieve their goals.”

About the Rethink Retreat founders

Kathryn Peat is experienced in personal development and an established Canterbury business woman. Colette van Boxtel brings her European experience and knowledge of marketing and sales into the Rethink Retreat. Together they are a fresh team full of new ideas and they are keen to share their philosophy with other women.

The first Rethink Retreat will take place on 5-8 November and registrations are now open. Visit www.rethinkretreat.co.nz for more information and to register.

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