

The image features two women against a dark background. On the left, a woman with long brown hair wears a black and white tweed jacket over a black top, holding a silver laptop and a notebook. On the right, a woman with long black hair wears a black, feathered, cut-out bodysuit and thigh-high boots. In the center, a large, glowing golden circle is surrounded by a trail of golden sparkles. The text 'THE GODDESS ACADEMY' is written in a golden, serif font across the top of the circle, and 'INTENSIVE RETREAT' is written in a white, sans-serif font across the bottom of the circle.

THE GODDESS ACADEMY  
INTENSIVE RETREAT

29<sup>TH</sup> APRIL - 5<sup>TH</sup> MAY 2024  
THE WEEK THAT WILL CHANGE YOUR LIFE!



**JENNY STONES**

YOUR HEELS  
& FEMININITY  
COACH

Founder of Parisienne Touch, professional dancer coach and choreographer, Jenny's mission is help women reconnect to their femininity and unleash their feminine power through Heels Dance.

Jenny started her dance career on different TV shows in 2007 during her vocational training in France. Then she joins the famous French musical Romeo & Juliette. She went on to dance in a variety of television and film productions, music videos, theatre, and dance companies. Passionate about the connections between art, dance, and fashion, she danced for luxury designer brands, DVF and Dior.

She is now running heels classes in London and Workshops overseas coaching women to boost self-confidence, increase sex-appeal and improve dance technique.

She will be leading Heels Masterclasses.



**GAELE  
DESCHAMPS**

YOUR HOST,  
CONFIDENCE  
COACH &  
YOGA  
INSTRUCTOR

Gaëlle has over 20 years' experience with Global world-class companies, where she specialised in Leadership, Training, Facilitation and Executive Coaching. She was a Global Faculty member of the Coca-Cola University, which trains over 86,000 employees.

Gaëlle's energy is contagious, combining a high dose of positivity with a can-do attitude. She possesses great charisma, strong interpersonal skills and has built many fruitful multi-cultural relationships internationally.

She is the founder of G Force, [www.gforceco.co.uk](http://www.gforceco.co.uk), designer of the Art of Confidence© programme, a certified coach and published author. Together with her husband, they own the Château de Vezins.

She will be leading The Art of Confidence© workshops and evening activities.



**A UNIQUE & EXCLUSIVE OPPORTUNITY**

**This Spring, step up with this unique Goddess programme :**

- 7-day, 6-night intensive programme with inspiring world-class coaches
- in the stunning Château de Vezins in the Loire Valley, France
- 12 Hours of Heels Masterclass
- 12 hours of Confidence boosting, Career Coaching and Group Workshops
- 4 Hours of Yoga
- All inclusive: exclusive access to the Château, fabulous bedrooms, 3 healthy meals a day, gala dinner, all workshops
- Professional photo & video session

# The Goddess Academy©

## What's included:

- Intensive holistic programme for you to boost your confidence, tune in to your sassy sexy self and unleash your inner Goddess
- A unique opportunity to spend 7 days/6 nights with world-class talents, coaches and leaders in their fields
- A fun & playful high octane learning experience
- 28 hours of Masterclasses including:
  - 12 hours of Heels (Across the floor, technique, floor-work, Framing and Choreography) Masterclasses with Jenny Stones
  - 12 hours of Confidence boosting group coaching and
  - 4 hours of yoga with Gaëlle Deschamps
- Extra-ordinary accommodation in beautifully renovated bedrooms in the Château, all South facing, with breath-taking views over the French Gardens. Each bedroom has its own identity and style with period décor and antiques
- Exclusive access to the entire Château de Vezins, 4 hectares of gardens, heated pool, jacuzzi, sauna, ice bath and gym
- Healthy, nutritious and delicious food, including snacks and non-alcoholic drinks, lovingly prepared by our onsite private cook
- A themed Gala dinner
- Coaching book and journal
- Certificate of course completion
- Clip Video of the all cast
- Goddess academy summary of the week video

## Optional:

- A 45-minute professional photoshoot at the Château to capture your new confident self

## Not included:

- Flights, insurance and transfer



# Extraordinary working space



# Extraordinary pampering



# Confidence Group Coaching

**10 STEPS** to crush your self-doubt and unleash your authentic confident self

Where you want to go

**STEP 10: CHOOSE YOUR TRIBE**

**STEP 9: BE YOUR No. 1 FAN**

**STEP 8: DREAM, PLAN, DO, REVIEW, REPEAT**

**STEP 7: CRUSH YOUR FEARS**

**STEP 6: IDENTIFY WHAT'S HOLDING YOU BACK**

**STEP 5: MEET YOUR FABULOUS SELF**

**STEP 4: REWIRE YOUR BRAIN**

**STEP 3: MIND YOUR MINDSET**

**STEP 2: KNOW YOUR HERITAGE**

**STEP 1: FIND YOUR WHY**

Where you are now

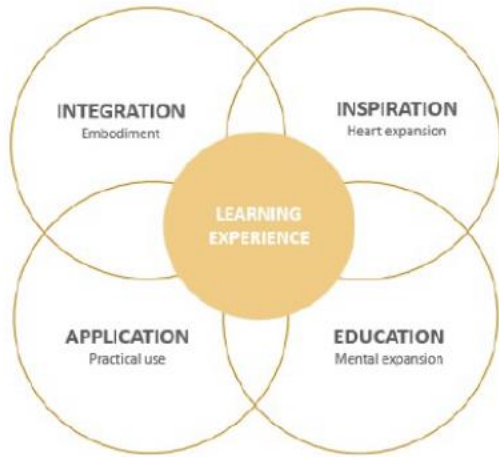


# Your workbook



# Your workbook examples of content

To make your learning experience transformative and memorable, this programme has been designed with these 4 elements at its core



## The Art of Confidence®

### INTRODUCTION

#### Task No. 2: Your starting point

Where are you right now? Be honest. We will review these at the end of the programme and 3 months from now. Mark your starting point ratings with an "x"

YOUR PERSONAL TASKS

	Not quite	Kick of	Nailing it
✓ I know my purpose	←	→	→
✓ I know my strengths and qualities	←	→	→
✓ I have clarity on who I am and what I have to offer to the world	←	→	→
✓ I have clear and motivating goals	←	→	→
✓ I have an empowering routine	←	→	→
✓ I have energy to do what matter most	←	→	→
✓ I am motivated for what's next	←	→	→
✓ I know how to come back after defeat	←	→	→
✓ I feel confident	←	→	→
✓ I feel optimistic	←	→	→
✓ I can share my story proudly	←	→	→
✓ I have found my Voice	←	→	→
✓ I love being me	←	→	→
✓ I have plenty of effective tools to thrive	←	→	→
✓ I am the person I dream of being	←	→	→

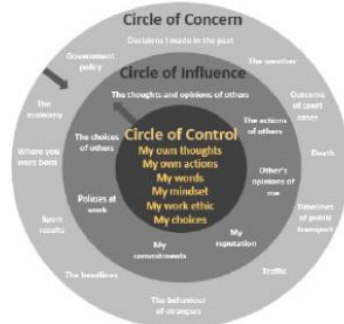


## The Art of Confidence®

### STEP 3: MIND YOUR MINDSET

#### Choose Control vs. Concern

To feel in an empowered state, you need to aim for a large circle of control and a small circle of concern so that a lot of time and energy is focused on issues that are **within YOUR control**



You will feel **dismembered, in weak state, stressed and negative** if you have a **large** Circle of Concern and a **small** Circle of Control. A lot of time and energy is wasted reacting to issues that you can't control



## The Art of Confidence®

### STEP 5: MEET YOUR FABULOUS SELF

#### Task No. 8: Towards finding your Authentic Voice. You on a page

YOUR PERSONAL TASKS

Your top 10 values going forward: From Step 4	Your Tone of Voice & signature style:	What the world needs: From your sign
	Your Why: From Step 4	Your Top 5 strengths: From Step 5, Strength Finder

Your Motto/Mantra:  
From Step 5





# The programme: 7 days / 6 nights

	Monday 29 <sup>th</sup> April	Tuesday 30 <sup>th</sup> April	Wed 1 <sup>st</sup> May	Thursday 2 <sup>nd</sup> May	Friday 3 <sup>rd</sup> May	Saturday 4 <sup>th</sup> May	Sunday 5 <sup>th</sup> May
8-9am		Yoga	Yoga	Yoga	Train like a Dancer	Yoga	Packing
9-10am	Breakfast and shower						
10-12pm	Arrivals and check in	Across the Floor (technique)	Floor-work	Formation	Art of Confidence Group Coaching	Art of Confidence Group Coaching	Art of Confidence Group Coaching
12.30-13.30pm	Lunch						
13.30-15.30pm	Tour of the grounds & Chateau	Art of Confidence Group Coaching	Art of Confidence Group Coaching	Free time	Filming	Professional photo shoot	Departures
16-18pm	Art of Confidence Group Coaching	Choreography	Choreography				
18-19pm	Free	Free	Free	Unleash your inner goddess			
19-20pm	Dinner				Gala Dinner		
20-22pm	Group Activity	Free	Free		Free	Group Activity	

**Free time activities**  
 Jacuzzi, Sauna, Swimming Pool, Ice bath, walking in nature, trampolining, testing the zipline or slackline, journaling, playing a game of pool, chess...all available on site at no extra cost!



Suites £2,600

# Packages available:

⚠️⚠️⚠️ Prices include Heels workshops, Art of Confidence Coaching Programme, accommodation, all meal and activities au Château.

*Our bedrooms are for Queens and Kings, all South facing with breath-taking views over the French Gardens.*

*They are uniquely decorated, each with their own period décor and antiques. Bedrooms are allocated on a first come first served basis.*



The Blue Suite

Double Beds £2,300

Single Beds £2,000



The Gold Suite



The White Room



The Louis XIII Room



The Sage Room



The Red Suite



The Flower Room



The Bird Room



The Anti Cars Room



# Secure your place now

Use the link below or QR code to pay the non-refundable down payment of £400, the balance is due by the first of March.

<https://buy.stripe.com/28ofZU9Fbctg4w0cNX>

Limited to 10 places per retreat to ensure intimate and personalized experience. First come first served basis.

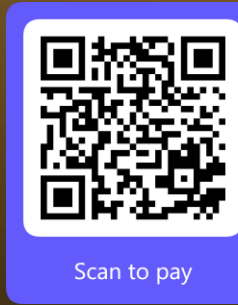
Note this programme only happens once a year, if we cannot fit you in this cohort, you will go on the waitlist lost for the next year.

Prices exclude Flights and Transfer.

Transport recommendations:

Arrival before 3pm on day 1. Departure any time after 2pm from the Chateau on the last day

# How to get there



By Plane:

Nearest airport is Nantes (50 min drive from the Château de Veziens)



By train:

Nearest train station is Chemillé or Cholet. Train from Paris is 1h 50.



By Car:

2 rue Nationale, 49 340 Veziens  
Loire Valley, FRANCE

For more information contact us on [gaelle@gforceco.co.uk](mailto:gaelle@gforceco.co.uk)

