THE

cottage retreat INTENSIVE

Join me in a 4-day, offline experience that *WILL* transform your career, your wellbeing, and the next chapter of your life.

YES, I WANT MORE DETAILS!



with...

HEATHER **CHAUVIN**



The Cottage Retreat Intensive is designed for *high-achieving women* ready to break free from overwhelm and create meaningful success *on their own terms.*

If you're a woman balancing a demanding career or business with raising other humans, and managing a household, you understand that when you thrive, everyone benefits.

YOU CRAVE A SPACE FOR NEXT-LEVEL THINKING A PLACE TO STRATEGIZE WITH SMART, RESOURCEFUL WOMEN WHO SHARE THEIR NETWORKS AND INSIGHTS.

You're seeking a break from nonstop demands: a chance to disconnect so you can reconnect, process, and heal.

Imagine spending time in nature, enjoying nourishing whole foods prepared by an onsite chef, getting quality sleep, hiking, and writing.

This experience is NOT for you, if...

01 You're looking for a quick fix without doing deeper work

02 You're just starting out on your personal/professional development journey

03 You're seeking a vacation or getaway rather than transformation

04 Looking for a budget-friendly 'girls getaway' or yoga retreat





Imagine 4 Transformative Days Where You Can...

- Finally breathe in a peaceful cottage setting away from the daily demands
- Be fully seen and supported by an experienced coach who understands your unique challenges
- Reconnect with yourself and what truly matters in your life, relationships and work
- Create practical, sustainable systems for managing money, time, and energy
- Return home with clarity, strategy, and renewed purpose

what's INCLUDED

4 days/3 nights in a serene cottage setting

- Cottage Country (Apsley, ON) | 2 Hours from The Toronto Pearson Airport
- Arrive Friday at noon - leave Monday at noon (see dates below)



All meals and refreshments prepared to nourish your body and mind

- This is dry retreat, no-alcohol is consumed | Mostly Gluten-Free



Personalized coaching sessions targeting your specific goals

- Personalized coaching available during retreat



Implementation workshops where you'll create real systems, not just learn concepts

Post-retreat integration support to ensure lasting transformation

I'M INTERESTED, TELL ME MORE!

The *tangible transformation* past participants have achieved include:

01 **Revenue Increase:**
Growth in business revenue within 6 months

02 **Time Reclaimed:**
Working 10-15 fewer hours per week through improved systems

03 **Stress Reduction:**
Reduction in self-reported stress levels within 3 months

04 **Team Performance:**
Reduction in management time through enhanced delegation

05 **Relationship Satisfaction:**
Significant improvements in key relationships







What they had to say about their *experience*:

Confidence **Time** **Profitability**

“I attended Heather's retreat because I deeply trust her. Over the past four years working with Heather, **every aspect of my life has improved**. I've gained *tremendous confidence* as a leader, wife, and mother. My team has stepped up, allowing me to reclaim valuable time and be more present at home with my daughters. **My business is more profitable**, and my **marriage has grown stronger**. I continue to invest in Heather because the return on investment is priceless.”

Reset **Clarity** **Boundaries**

"After years of 'doing all the right things' and still feeling depleted, this retreat was the **reset I desperately needed**. Heather helped me understand my unique energy patterns and *create boundaries* that actually stick. For the first time in my career, I'm making **decisions from clarity** instead of reactivity, which has *greatly impacted my parenting*.”

Empowered **Space** **Transformed**

"The cottage retreat gave me the space to **finally address what wasn't working in my work and life**. The 60-Minute Profit Rule alone has completely transformed my relationship with money & time. *I no longer feel chronically anxious* —I feel empowered and can handle whatever life throws at me.”

Permission **Money** **Support**

“ The most valuable gift from this retreat wasn’t just the game-changing strategies—it was the **permission to build success on my own terms**. As a single mother of three with a fast-paced career, I needed to create my own support system and manage my responsibilities from an empowered place. Now, I’ve completely *restructured my approach to work and parenting*. I’m **earning more while working** 15 hours **less** per week, and **my kids say they have their mom back**.”

SEND MORE MORE INFO

here's how we'll be spending OUR TIME TOGETHER

DAY 1 (Friday)

Arrive & Release

12:00 PM Arrival + welcome lunch

6:30 PM Nourishing dinner

8:00 PM Guided evening reflection + opening workshop

DAY 2 (Saturday)

Discover & Design

7:30 AM Optional morning movement/meditation

10:00 AM Workshop

1:00 PM Lunch + integration time

3:00 PM Personalized 1:1 coaching sessions + outdoor Adventure

6:30 PM Dinner

8:00 PM Sacred ceremony

DAY 3 (Sunday)

Implement & Integrate

7:30 AM Optional morning movement/meditation

10:00 AM Workshop

1:00 PM Lunch + integration time

3:00 PM Personalized 1:1 coaching sessions + outdoor Adventure

6:30 PM Dinner

8:00 PM Sacred closing workshop

DAY 4 (Monday)

Embody & Emerge

7:30 AM Optional morning movement/meditation

12:00 PM Departure lunch + travel

Limited Availability

Due to the personalized nature of our retreats, space is limited and the open dates will be shared via email or on your enrolment call.



About the Sacred Plant Medicine Ceremony

(optional)

The retreat includes an **optional sacred plant medicine ceremony** facilitated by certified guide + supported by Heather Chauvin. This powerful experience takes place in a controlled, safe setting with proper preparation and integration support.

Prior to the retreat, we'll discuss any medical considerations and answer all your questions to ensure this element is right for you.

SEND MORE MORE INFO



A Priceless *White-Glove* Experience

$12,000 USD (tax included)
Payment plans available upon request

More Than a Retreat *A Full 60-Day Transformation*

This isn't just a one-time experience—it's a life-changing reset with built-in support to make sure your transformation *sticks.*

INTEGRATION SUPPORT BEFORE & AFTER:

Your journey doesn't end when the retreat does. We're with you for **two full months** to ensure that the shifts you experience aren't just a retreat high but become **your new way of operating**—with clarity, ease, and sustainable success ($6000 value).

For the level of **high-touch coaching, deep transformation, and continued support you'll receive**, this is an investment that pays off **for life.**

SPOTS ARE EXTREMELY LIMITED—CLICK HERE FOR DETAILS ↗

READY TO

transform your life?

This is your invitation to step away from the overwhelm and into a new way of living, parenting and working—one where success doesn't come at the cost of your wellbeing.

Next steps: Apply for Your Spot

This is a high-level, intimate experience designed for women seeking deep 1:1 support. Because we curate our community carefully, the next step is to apply to ensure this is the right fit.

01 **Submit your application**

Fill out your name, email, and phone number below to receive your application.

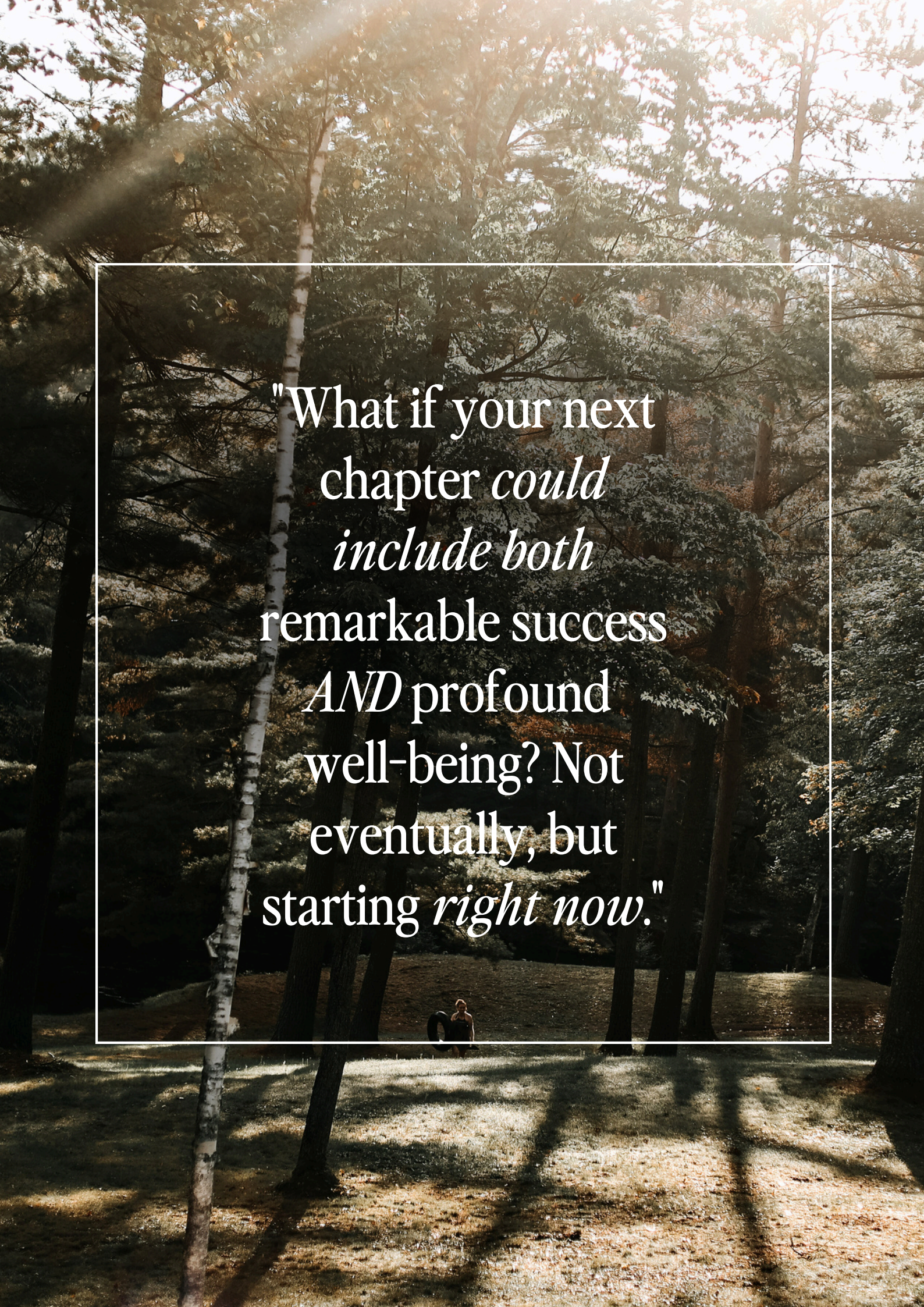
Keep Me Updated & Send Next Step

02 **Book A Call**

Once you book a call, you'll receive the opportunity to place a $497 refundable deposit on that call to hold one of the limited spots (and we will get a payment plan in place).

- This deposit secures your place while we complete the application process.

SEND ME THE DETAILS


"What if your next chapter *could include both* remarkable success *AND* profound well-being? Not eventually, but starting *right now*."

About Your *Guide*

Heather Chauvin

Heather is a Leadership Coach, TEDx Speaker, and host of the Emotionally Uncomfortable podcast—with over 10 years of experience empowering high-achieving women to transform their lives and careers. A former Social Worker, Heather combines strategic career, parenting, and relationship coaching with holistic wellbeing expertise to help thousands of women reclaim time, energy, and profitability.

Her personal journey fuels her passion: In 2013, while raising three young boys and launching her business, Heather faced stage 4 cancer—a wake-up call that revealed the high cost of sacrificing oneself in pursuit of success. This crisis became her greatest teacher and inspired her to create the proprietary Energetic Time Management™ system. This innovative approach blends intuitive decision-making frameworks, energy-aligned scheduling principles, and sustainable leadership practices to drive lasting transformation.

Today, as a mother of three teenage boys, Heather supports established women leaders juggling demanding careers and family life, guiding them toward a sustainable, real—not perfect—path forward. Her work has been featured in Forbes, Business Insider, and Inc. Magazine, but her true credential is living and breathing these principles every day alongside her clients.



TEDx FAST COMPANY Google Forbes REAL SIMPLE Entrepreneur The Jenny McCarthy Show





Frequently Asked *Questions*

"How is this different from other women's retreats?"

Unlike typical retreats that focus primarily on inspiration or relaxation, the Cottage Retreat Intensive combines strategic optimization with personal wellbeing in a structured framework designed specifically for implementation. You'll leave with actual systems in place, not just ideas.

"What if I have dietary restrictions or special needs?"

We accommodate all dietary requirements and physical needs. Upon registration, you'll complete a detailed intake form to ensure we can prepare appropriately.

"How do I know this will work for my specific situation?"

The application call ensures we can determine if this retreat is the right fit for your unique circumstances. We only accept participants we're confident we can help, which is why we offer a refundable deposit.

"Do I need to prepare anything before arriving?"

Yes, you'll receive pre-work approximately 2-4 weeks before the retreat to maximize our time together. This includes reflection exercises and initial system mapping.

"What's your cancellation policy?"

We understand that life happens, and we're here to co-create a solution that works for both of us. If you're unable to attend the retreat, you have two options:

- **Transfer to a Future Retreat:** You can apply your investment toward a future in-person experience. (*Please note, some additional fees may apply depending on location and availability.*)
- **Convert to Coaching Credits:** Your investment can be applied toward additional months in a current program or an upgrade to a different coaching experience. (*Excludes 1:1 sessions.*)

Important Note: If you do not attend the retreat without prior notice, your investment will be forfeited, and no refunds will be issued.

Travel Insurance: We highly recommend purchasing travel insurance to protect your investment in case of unexpected changes.

Formal Agreement: After your application call is complete, we'll provide a formal contract outlining all retreat policies to ensure clarity and alignment.

This experience is a curated, high-touch container, and we are deeply committed to making it transformative for you. If you have any concerns, reach out—we're here to find the best path forward together.

"Why is this investment worth $12,000USD?"

When you calculate the cost of continued overwhelm—missed opportunities, health implications, relationship strain, and time you can never get back—the investment becomes clear. Past participants report ROI within 3-6 months through increased revenue, reclaimed time, and improved well-being, PLUS the 1:1 coaching intensive within the 4-day period.





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