

Entrepreneur Retreat

Thank you for your interest in the Entrepreneur Retreat. This short brochure provides you with additional details about the week. If you still have outstanding questions then let me know!

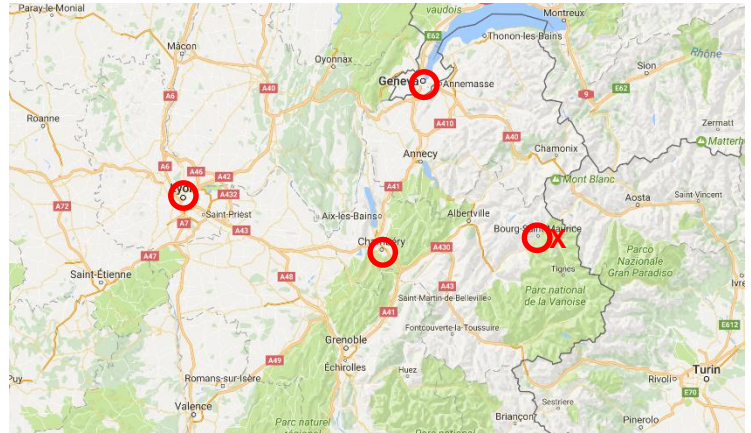
Location & Access

Sainte-Foy-Tarentaise is a traditional French village located on the main road between Bourg-Saint-Maurice and Tignes and Val-d'Isère. About 4 km above the village is Sainte Foy Station, the ski resort.

Maison Fleurie is located in Le Planay Dessous, a hamlet which is just five minutes drive from Sainte Foy Station, or a short walk across a beautiful mountain path. In good snow conditions it is possible to ski from the chalet, otherwise all lifts to and from the pistes are provided and included in the price.

The main transport links to and from the chalet are below, with costs (as provided by the chalet host and chef Mark):

- Geneva Airport – approximately 3 hours drive, at a cost of 100 euros (£ equivalent) return per person
- Chambéry Airport – a 1 hour 30 minute drive, also 100 euros (£ equivalent) return per person
- Lyon Airport – a 2 hour 15 minute drive, at a cost of 150 euros (£ equivalent) return per person
- By train from London St Pancras to Bourg Saint Maurice (Eurostar to Paris then onward connection) – between 8 and 10 hours depending upon changes, costing between £150 and £300 return. Mark will pick up from Bourg Sainte Maurice for no additional charge.



Maison Fleurie will be as flexible as possible in meeting your transfer needs, but all transfers are subject to availability. You are free to arrange your own, though these prices are highly competitive.

The Chalet

The chalet was recently converted by local artisan builders, to a very high standard. On the ground floor it has 3 bedrooms, with twin beds (two singles) in each room. The chalet can therefore accommodate up to 6 entrepreneurs (plus myself as facilitator) with two people sharing per room. Separate prices are available upon request if you would prefer your own room. The 3 bedrooms share a shower and toilet.

On the upper floor is an open plan lounge and kitchen, with a separate toilet and additional bathroom (and handmade bath for ultimate relaxation at the end of a long day). Food is freshly and communally prepared each day as guests chat, chill out in front of the wood burning stove and / or get some work done.



The pictures above are all examples of food prepared by Mark this season and are indicative of the type and quality of food we'll enjoy on the retreat. Guaranteed no stock images here! Mark's also happy to give you some cooking lessons! We enjoy a full mountain breakfast (hot or cold) every morning, and a tasting platter in the evening followed by a main course. All soft drinks and wine are included in the price, with beers and spirits provided at an additional but reasonable extra cost.

Skiing

We'll do most of our skiing in Sainte Foy Station. It is a small resort with four chairlifts and 15 slopes. Its groomed pistes are often very quiet and should be even more so for this retreat because it is after the French and British Easter holidays. There is some great off-piste if that's your thing.

The fantastic ski resorts of Tignes, Val d'Isere, Les Arcs and La Rosiere are all within a half hour drive. For a small fee, shared between a group or individually, Mark is happy to drop us off and pick us up.

Lift passes cost roughly between 35 and 55 euros per person per day depending upon the resort. We can facilitate ski hire at competitive rates. We can also arrange private lessons on your behalf or off-piste guiding if you would like to do something more adventurous.

Plan for the week

There's a big emphasis on flexibility and relaxation on the retreat. As facilitator, I'll agree with you all at the start of the week what you want to get out of it both as individuals and as a group, and together we'll make a plan for your stay. We'll also need to factor in the weather and snow conditions!

As a guide, the week runs from Sunday evening to Friday afternoon, to the following indicative schedule:

- Sunday – arrive at the chalet, chill out, get stuck into the platter, have a few glasses of wine and get to know one another. Maybe we'll play a game!?
- Monday – let's go skiing in Sainte Foy, we can grab some lunch in one of the fantastic mountain restaurants and go for an apres drink. In the evening, each of us can do a quick intro to who we are and what we do.
- For the following days we'll balance ski time with work time, depending on what you would like to do and how busy you are. The rooms all have a desk, or you can work communally upstairs, bouncing ideas around and feeding off the group dynamic. The wifi connection is excellent and there is full phone signal.
- On Tuesday or Wednesday evening, we thought it would be fun to ask each entrepreneur to do a short talk on a business-related topic that is of great interest to them. For example, I'm proposing to talk about 'how to make better decisions under conditions of uncertainty', a new study area of mine.
- I will be on hand throughout the week to run coaching sessions with you individually, for as long as you wish. I have attached details of my coach approach and principles so you can see how I work.
- The retreat officially ends on Friday but are free to stay additional nights (before the retreat starts, or at the end) if you'd like to take advantage of the weekend. Any additional nights are charged at £200 per person per night and are subject to availability.



Package Includes (for £1750 per person)

- 5 nights accommodation in the chalet Maison Fleurie (based on 2 people sharing a room with twin beds – individual room surcharge is available)
- Facilitation by myself and as many individual or group coaching sessions as I can manage!
- Full mountain breakfast, a light lunch (if you are in the chalet), evening tasting platter followed by main course for all 5 days
- All tea, coffee, soft drinks and wine, snacks and nibbles. You will not go hungry on this retreat!

Package does not include

- Flights and transfers
- Lift passes
- Equipment rental
- Relevant ski and travel insurance
- Additional beverages (spirits)
- Any instruction or guiding (we can arrange this on your behalf either in advance, or when you arrive)

Booking details

Payment will be by bank transfer. A half price deposit will be required to secure your booking (final date TBC), with full payment one week in advance.

About me

I am a Coach, Consultant and Lecturer at the London College of Fashion.

A former Deloitte strategy consultant and HM Treasury civil servant, I now help entrepreneurs build awesome businesses, and develop as individuals and leaders. I help my clients to make better decisions with regard to strategic and operational business issues (and have a specific interest in early-stage board formation and governance challenges), whilst at the same time navigate the emotional aspects of entrepreneurial journey. I don't tell clients what to do, because entrepreneurs already have enough people doing that. Instead, I help them to identify their own way forward and execute with a vengeance.

I'm also obsessed with skiing and mountains! I began skiing when I was 5 and got into mountaineering after university. I combine all these disciplines to explore the mountains in the most open way possible. In 2011/12 I spent 5 months living in my campervan in and around the off piste skiing mecca of La Grave, in the southern French Alps. You can see some of my adventures in my not often updated [blog](#)! My life took another interesting departure a few years later. In 2015, just 18 months after setting up my own business, I was diagnosed with stage 3 colorectal cancer. After two years of treatment, I am now in remission.

My time in the great outdoors and my illness have taught me that it is important to just **stop** every once in a while, to take time out to de-stress and focus. The retreat is intended to give you the opportunity to do just this and reap the benefits that time away from the office and city, spent with likeminded people, in an epic environment can have upon the creative process, business inspiration and your own well-being.

I hope to ski and talk business with you!



A handwritten signature in dark ink, appearing to be 'R. H.' or similar, written in a cursive style.