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This retreat was something I really needed. I had the much-needed alone time. I was craving to sift through the stuff in my "basement". I was able to see things through a much clearer lens and make sense of them. In a nutshell, the retreat helped me offload and recharge myself.

The three days that I caught up with amazing people, helped me to realize and appreciate the fact that I can be by myself. My company is enjoyable. I learnt to be Me.

My take home lesson was that I learnt that as a leader, I had to send and give off good energy which in turn gives positive vibes to my team I lead, and if I needed rest to recuperate then so be it.