

LEADING THE ARTFUL LIFE™

快逸人生

A WOMEN'S TRANSFORMATIONAL JOURNEY IN SOUTH CHINA

IMAGINE there is a place where you can devote an uninterrupted week to exploring your dreams and learning tools to turn those dreams into reality.

IMAGINE that your companions this week are a small group of women equally committed to doing the same thing – and to helping you get clarity.

IMAGINE that you will do this in a place of natural beauty and that the whole experience is designed to awaken your senses and to nourish your body, mind and soul.

**OFFERED BY THE CREATORS OF
THE ARTFUL LIFE COMPANY™**

For information on dates,
rates and details or to register,
visit: www.theartfullifeco.com, or
email Sharon@theartfullifeco.com
or Lois@theartfullifeco.com

THE ARTFUL LIFE CO™
*Inward and outward
journeys of discovery*

THE ARTFUL LIFE COMPANY PRESENTS

A WOMEN'S TRANSFORMATIONAL JOURNEY IN SOUTH CHINA

Join us for the adventure of your lifetime in Guilin, South China. China, at the dawn of the 21st century, is poised at a turning point –from a history stretching back thousands of years to one as an emerging world leader. It is a place of contrasts—from its rich and varied cultural tapestry to the explosion of construction as the country claims its new power and role in the world. China is the perfect setting for this workshop for women who are also poised between their own past and future. It is a venue for women who are ready to transform their personal visions, beliefs and actions to create a new future and ensure sustainable change.

WORKSHOP DESCRIPTION

Too often we become caught up in a life of busy-ness that doesn't really reflect who we are at our core or what we want in life. We may be successful in many ways but there is a gnawing feeling that somewhere there is something more meaningful that we are meant to give to life. Periodically, a desire breaks through our routine reminding us of dreams yet to be realized or the potential of our life about to unfold.

The Artful Life Company's Women's Workshop in South China is a distinctive workshop designed to help people who want to explore these dreams and who are ready to take their next step in the adventure of life. The week will provide directed activities to help you reawaken a personal life vision—with time for reflection and allowing inspiration to emerge. You will be introduced to important tools to help you clarify and manifest your vision.

Each day will provide opportunities to exercise, and to rest and or to be pampered by a spa experience. Woven throughout our week will be unique experiences of Chinese culture that we will explore metaphorically, to learn how they might whisper to you of your dream and your journey. During our adventure together we will:

- Map out a new vision for your future
- Indulge in rejuvenating spa treatments
- Hike amongst mystical green hills
- Enjoy a Chinese tea ceremony
- Attend a magical outdoor theater in the mountains
- Cruise down the beautiful Lijiang River
- Visit colorful local markets to shop for silk and pearls
- Wake up with morning Tai Chi exercises
- Be inspired by a magnificent collection of Asian art and sculpture
- Dabble in Chinese pottery or brush painting with local artists



WHAT TO EXPECT

- Five days of professional and personal growth—away from everyday pressures
- Provocative and lively discussions and explorations
- Interactive experiences and insights that will enhance and expand your personal competencies
- Ways to re-calibrate self-limiting beliefs and behaviours
- Opportunity to share perspectives on challenges and best practices
- Challenge, support and individual coaching from skilled leaders both during and after the experience
- Excellent food and accommodation in a retreat-like setting

WHAT YOU WILL COME AWAY WITH

- Greater self-awareness, appreciation of your strengths and how to use them to maximum advantage
- New perspectives, new insights, new directions, new strategies
- Tools and techniques to enhance your personal effectiveness
- Personal revitalization
- A resource network of powerful, like-minded, forward-thinking individuals
- A once-in-a-lifetime cultural experience of China

WHAT YOUR ORGANIZATION GAINS

- A leader with a vibrant vision and a stronger sense of direction
- Someone with the ability to impact the organization in a significant and positive way
- A leader who can maintain focus in chaos and rapid change
- A person with renewed energy for organizational challenges
- A woman willing to be known for her risk-taking, creativity, influence, and ‘can-do/will-do’ approach to strategy and implementation

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THE SETTING

The setting for our workshop is in South China in the magical countryside of Guilin near Yangshou. Renowned for its uniquely beautiful mountain and river scenery, the area is reputed by the Chinese to be the “finest under heaven.” It is the home of mystical, cave-studded hills, a lush landscape of bamboo groves, terraced rice paddies and fishermen on the Lijiang River—a place of inspiration to Chinese poets and artists for centuries. Our home for the week is the famed Hotel of Modern Art, one of China’s small luxury hotels. It is located in Yuze Paradise Park, a unique site created by a wealthy Taiwanese businessman to showcase a collection of contemporary Asian art and sculpture in a park-like setting.

The Artful Life Company
**CREATORS AND
PROGRAM LEADERS**

Leading an Artful Life™ is designed by experienced executive coaches and organizational change consultants who share a passion for leadership, connection and contribution. Through their work and international travels, they are leveraging the power of bringing groups of women together to experience change personally and to further commit to how they contribute to change in their organizations and their communities. The creators of your experience have collaborated on various projects over the past decade and bring to every venture their considerable experience, knowledge, skills and delight in working together.

INFORMATION

For information on
dates, rates and details
or to register

visit:
www.theartfullifeco.com

email:
Sharon@theartfullifeco.com
Lois@theartfullifeco.com

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**LOIS
SEKERAK
HOGAN**



**SHARON
HORNE**

Lois has a natural gift for experiencing life to its fullest. She seeks out and creates—for herself and others—memorable experiences of wonder, adventure and growth. An experienced executive coach and organizational change consultant for many Fortune 500 companies, she works with senior leadership teams and individuals to leverage strengths, build capability and help leaders successfully navigate personal and professional change. Her eclectic background ranges from the study of psychology, human development and behavioral science to an exploration of how emotions and language shape reality. Lois loves learning, laughing, travel, and all the rich experiences of food, wine, music, dancing, poetry and art. Based in Boston, Massachusetts, she has a Ph.D. in Human and Organizational Systems and is a founding partner in **The Artful Life Co™**.

Sharon brings her love for "making things happen" to her work in Asia and Europe with Fortune 500 companies where she presently provides executive coaching and change consulting. Her extensive experience as a business owner, an associate professor of a Canadian university, and as an executive coach and leadership development specialist has given her vast life experience. This she brings to her founding partnership in **The Artful Life Co™**. Sharon has discovered that whether we are building businesses or improving our personal lives, we look for guidance in the world around us and within us. This guidance, allows her to help people find clarity and focus and create transformation from the inside out. Learning ways to integrate this awareness into lives makes the potential of human beings exciting, expansive and multidimensional. Sharon can be found traveling throughout Asia or with her boys on Prince Edward Island, Canada.

