

# Holiday for Life

*Helping you embrace health and wellness with passion*



Are you feeling the stresses and strains of everyday life?  
Is your health and wellness suffering as a result?  
Do you need to take some time out to redress the balance?

**How would you like to enjoy the benefits of an exclusive new  
Health & Wellness Holiday that will help you . . . .**

- \* Learn to Relax More\*
- \* Increase your Energy \*
- \* Reduce your Stress Levels \*
- \* Stop Unhealthy Habits \*
- \* Enjoy Regular Exercise \*
- \* Improve your Self-Confidence \*
- \* Address Health Problems \*
- \* Build your Motivation \*

I'm passionate about running this type of holiday for people like you and I've found the ideal Rural Retreat in the South of France in which you can take time out to decompress. *Holiday for Life* doesn't just give you a break from day to day life though – you will also learn how you can continue to enjoy a balanced lifestyle when you return to the 'real world'! During your stay, you will have the opportunity to take advantage of the following:

- \* Relaxation/Meditation Classes \*
- \* Life coaching \*
- \* Cycling \*
- \* Massage therapy \*
- \* Reflexology \*
- \* Walking \*
- \* NLP therapy and hypnosis \*
- \* Salsa dance class \*

**Sounds GREAT doesn't it?**

*You probably have a few questions though, so please read on for the 'finer details'.....*

*"Thank you, Kate - your passion to help people embrace the energy of health and wellbeing shines through in your coaching. For me it was a significant factor in re-aligning my self-belief and motivation so that I achieved my goal in full."*

**Jeni Mumford, author of 'Life Coaching for Dummies'**

(After Jeni completed the Great North Run in October 2007)

## *Where will I be staying?*

Our venue 'La Terrace' is a beautiful French farmhouse and stables which have been lovingly renovated by the British owners over the last 4 years. This delightful property is peacefully situated at the foot of the Black Mountains, in a beautiful rural setting with open country. Shops and restaurants are only five minutes away in the charming medieval village of Soreze and the market town of Revel.



'La Terrace' provides luxury holiday accommodation equipped with everything you would expect at home and more! Facilities include 7 bedrooms, 5 bathrooms, 2 living/dining rooms and 2 kitchens with complete self-catering facilities, TV, HiFi, CD's, DvD player, DvD's, books, washing machine, dishwasher, ironing board, iron, gas hob, electric oven, fridge, freezer, coffee maker, toaster.



Outside, there is a large **swimming pool** (20ft x 40 ft, with alarm) and spacious sun terrace with loungers. The pool house with large shaded seating area has a summer kitchen with fridge, shower and WC. The property has several terraces (providing a choice of sunshine or shade) which are furnished with tables, parasols and barbecues. There are 3 ½ acres of grounds and a large fish pond. Push bikes and table tennis are also available for guests to use.



## *When is it?*

The next *Holiday for Life* will be running from **Monday 12<sup>th</sup> May to Friday 16<sup>th</sup> May 2008**. This particular venue will not be available again until October 2008. Please contact me if you wish to go on a waiting list for a future event.

## *How much is it?*

This *Holiday 4 Life* costs **£499 per person**. This is a special introductory price and includes everything in the holiday package as detailed below. Guests are responsible for the organisation and cost of travel insurance and transport to France.

## *What's included in my holiday package?*

- Accommodation as described above (private bedrooms unless sharing requested)
- Lunch and dinner on day of arrival
- Continental breakfast every morning
- 1 private wellness session (choose from life coaching, reflexology, hypnosis & NLP therapy)
- Daily relaxation/meditation class
- Salsa dance class
- Airport transfers to and from venue plus local transport during stay

### **Optional Extras:**

- Massage therapy
- Additional private wellness sessions (life coaching, reflexology or hypnosis & NLP therapy)
- Further evening meals can be provided on request

## *Where in France is it?*

Located in the Southern Tarn, 'La Terrace' is situated between the popular cities of Carcassone and Toulouse. The farmhouse is 1 hour from Toulouse airport and 40 minutes from Carcassone airport.

## *How can I get there?*

I recommend that you take advantage of the many low-cost airlines flying to this part of France – it's much quicker and usually more economical than driving or taking the train from the UK.

**By air:** from the UK you can fly to Carcassone airport from Stanstead, East Midlands or Liverpool with [www.ryanair.com](http://www.ryanair.com) or to Toulouse airport from Gatwick with [www.easyjet.com](http://www.easyjet.com) or [www.ba.com](http://www.ba.com).

**Car Hire:** If you want to be independent and ensure flexibility to travel and explore during your stay, you may want to hire a car. You can arrange to pick you car up from the airport and I'd recommend you book with [www.holidayautos.co.uk](http://www.holidayautos.co.uk) to get the best deal.

## *How can I book a place?*

Contact me, Kate Chamberlain directly:

Email: [kate@fullyequipped.biz](mailto:kate@fullyequipped.biz)

Office Tel: +33 (0) 563 50 08 65

UK Mobile: +44 (0) 79 68 56 17 97

*Contact me now to find out how you can start embracing your health and wellness with passion!*

Read the next page for more about my background, qualifications and experience.....

Email: [kate@fullyequipped.biz](mailto:kate@fullyequipped.biz), Office Tel +33 (0) 563 50 08 65, Mobile: +44 (0) 79 68 56 17 97,

## *Kate Chamberlain...Your Coach & Therapist*



Developing your *Holiday for Life* experience is the culmination of a number of my own work/life experiences and lessons over the last 12 years. My role as a coach officially began in 1996 when, after a successful career in sales, I was recruited into the position of Training & Development Manager for Roche Products. Although strictly speaking I was there to train and coach people in selling skills, I often found the issues that people really needed help with were those of confidence, self-belief and dealing with stress (often leading to ill-health). I enjoyed taking the time to listen and help people overcome their personal hurdles, and to me this was an added bonus to also seeing them perform well at work.

During this period I began to explore complementary therapies to address various chronic health problems that I had suffered from (irritable bowel syndrome, endometriosis, back pain) and was rather impressed with Reflexology. I decided to take it one step further and qualified as a Reflexologist in 2000.

In 2001 I left the so-called security of a salaried job and set up 2 businesses simultaneously: a Reflexology Practise and an independent Training & Development Consultancy. It may sound a bit mad but it worked really well. Both my therapy room and office were based at home, and I enjoyed the balance between the cut and thrust of the commercial world with the calmness and tranquillity of providing holistic healthcare. It really was a terrific lifestyle - I was able to do the washing and weed the garden in between appointments with clients and designing training workshops!

My husband, Ian, also worked in the Training & Development field, and in 2002 we joined forces to form Fully Equipped Ltd – a UK sales training company which continues to thrive today. In 2004 Ian and I moved to the South of France to fulfil one of our shared life goals. Despite all the challenges this presented, I still found time to pursue my passion for personal growth and development, and decided to explore my Health and Wellbeing. Living with a very fit husband and surrounded by lots of slim French women, I became increasingly aware of my weight problem (obesity actually) and appalling fitness levels. I really wanted to do something that would motivate me into a new way of healthy living, not a quick fix diet and a 'no pain, no gain' exercise plan. The solution was in how I **thought** about the problem, which I discovered with the help of an excellent NLP trained life coach. After 3 hours working with her I completely changed my outlook on how I looked, how I felt and what I was capable of. I was so impressed I decided to get trained in the same skills, and in 2005 I qualified as a Practitioner of NLP and Hypnosis. Since then I've lost 2 stones in weight and completed my first ever Marathon last year!

I now use a combination of all these skills and techniques I've learned over the years, and have helped numerous people rediscover their health and wellness through them. I invite you to come and join me in France and rediscover yours!

*"Kate is a unique and special person whom I would whole-heartedly recommend as a coach and therapist to anyone who is serious about making positive changes in their life."*

A Ryman, Training & Development Manager, UK

