

THIS FRIDAY.

Bold +
Balanced =
Unstoppable

10–12 November | Lancemore Macedon Ranges, Victoria

Why attend?

Step away from the daily grind and immerse yourself in an executive experience designed to equip you with the skills, frameworks, and resilience to finish 2025 strong, and start 2026 unstoppable. This is a practical, outcomes-focused program that blends leadership strategy, personal performance skills, and wellbeing practices to help you:

- Set clear, actionable goals for your career and life.
- Communicate with authority and authenticity.
- Build a leadership brand that commands respect and inspires others.
- Sustain high performance without burnout.
- Create a network of peers who support, challenge, and hold you accountable.

All set against the rolling hills, vineyard views, and peaceful surroundings of Lancemore Macedon Ranges, in a space designed to let you focus, reflect, and take meaningful action.

Bold leadership, clear decisions, influence and impact paired with balance, restored energy, calm focus, and practical strategies to sustain performance. Put them together, and you're unstoppable.

At a glance

Location: Lancemore Macedon Ranges, 1030 Kilmore-Lancefield Rd, Lancefield VIC 3435

Dates: 10–12 November 2025

Schedule: Arrive Monday 3:00 pm
| Depart Wednesday 1:00 pm

Investment:

\$1,950 single occupancy

\$3,470 twin share
(\$1,735 per person)

Optional 1:1 coaching \$250

Intentionally limited places to maximise interaction and personal impact.





What you'll experience

You'll arrive at Lancemore Macedon Ranges at 3:00 pm on Monday and step straight into a dynamic leadership experience. Meet your facilitators and fellow participants and dive into an interactive session designed to set the tone. Over the next two days, you'll move between hands-on professional sessions, restorative wellbeing practices, and time for yourself. We'll close on Wednesday with a light lunch at 12:00 pm and depart around 1:00 pm, sending you back to work and life with powerful, practical tools, energised, and unstoppable.

Professional sessions

Goal setting: Develop a clear, actionable framework to plan and achieve your goals for 2026.

Be guided through practical exercises to define priorities, set achievable targets, and create a plan you can implement immediately, both for your professional role and personal ambitions.

Personal and leadership brand: Understand and strengthen the unique leadership presence you bring to your team.

Through reflective exercises and facilitator guidance, you'll identify what you want to be known for as a leader and learn strategies to amplify your impact with authenticity.

Communicating with authority, influence, and authenticity: Use frameworks to speak with clarity, influence outcomes, and lead with presence.

This session offers actionable tools to enhance your leadership communication, ensuring your ideas are heard and your direction inspires confidence.

Resilience strategies to avoid burnout: Implement practical strategies to sustain high performance without compromising wellbeing.

Learn how to identify stress triggers, recover effectively, and integrate habits that protect energy, focus, and mental clarity over the long term.

Networking for support and accountability: Create a leadership network that challenges, supports, and holds you accountable.

This isn't about standard networking tips. You'll leave with a clear approach to building connections that push you to grow, test ideas, and provide honest, constructive feedback.

And then some...

Wellbeing sessions

Breathwork

Beginner friendly sessions designed to down-regulate the nervous system, reduce stress, and restore focus. You will be guided through practical exercises you can continue to use in your daily life.

Mat Pilates

Two styles to support physical wellbeing:

- Strength & energising flow: Get your blood moving, build core strength, and energise your body for high performance.
- Slow flow: Gentle, mindful movements to improve mobility, posture, and relaxation.

Mindfulness walks

Take time in nature to pause, reflect, and recharge. These walks encourage mental clarity and are a chance to integrate insights from your professional sessions.

Free time

Between sessions, you have space to:

- Reflect on what you've learned
- Journal or set personal goals
- Catch up on work if necessary
- Take a walk or simply enjoy the surrounds

Participation in wellbeing sessions is optional, but we encourage boldness and trying something new. Every activity is beginner-friendly, so you can challenge yourself safely.

Optional 1:1 coaching

Take your experience further with tailored one-on-one coaching. This is optional and available at the time of registration for a discounted rate of \$ 250 (normally \$420). These sessions can be scheduled:

- Before the retreat to clarify your goals and set your focus.
- During the retreat to maximise your experience and apply insights in real time.
- After the retreat to reflect on what you've learned and refine your action plan.

Coaches:

- **Julie Scardamaglia:** Focus on soft skills, leadership presence, communication, and resilience strategies tailored to your role and challenges.
- **Renée Taylor:** Specialising in business development, strategic networking, and personal brand growth.

These sessions are designed to complement the main program, giving you personalised guidance to accelerate your outcomes and implement what you've learned.





What's included?

Includes 2 nights' accommodation, all breakfasts, lunches, dinners, and light refreshments throughout the experience, and all professional development and wellbeing sessions.

- Single occupancy: \$1,950
- Twin or double occupancy: \$3,470 (\$1,735 per person)
- **Optional 1:1 coaching:** \$250 if booked at the same time (discounted from \$420).
- **BONUS:** Bring a friend or colleague. Register with a friend or colleague and you'll both receive a complimentary 1:1 coaching session (normally \$250) as part of your experience.

Secure your spot here

This experience may be tax-deductible and contribute CPD points.

Need to convince the boss?

This experience delivers tangible outcomes for your leadership development and organisational impact:

- **Enhanced strategic capability:** Leaders return with clear goal-setting frameworks and actionable plans directly improve business performance.
- **Stronger leadership presence:** Improved communication, influence, and decision-making across teams.
- **Sustained resilience:** Practical strategies to maintain focus, energy, and productivity under pressure.
- **Built-in support network:** A peer network that provides support, challenge, and accountability.
- **Leadership that drives culture:** Leaders who manage stress and performance effectively model sustainable high performance for their teams.

A measurable impact on your business.

Meet your facilitators



Julie Scardamaglia

Julie has held senior leadership roles within People & Culture across a variety of organisations, giving her first-hand insight into the impact of stress, burnout, and workplace culture on talented leaders. Certified in breathwork and other wellbeing tools and techniques, she brings calm positivity and practical solutions to every session. Julie helps leaders leave with actionable strategies for communication, leadership, and personal performance, alongside tools to manage energy and maintain focus.



Renée Taylor

Renée is a marketing and leadership powerhouse. With extensive experience leading national and international teams, she knows what it takes to succeed in high-pressure environments. Renée is a certified Pilates instructor, teaching both energising and slow-flow sessions that are inclusive and effective. She brings the same energy to professional development, helping leaders strengthen their personal brand, communicate with authority, and build a network that supports accountability and growth.



Lead boldly. Live balanced. Return unstoppable.

This is not a typical retreat. It's a hands-on, outcome-focused leadership experience that equips you with the tools, skills, and support network to be unstoppable, both professionally and personally.

Book your spot here

THISFRIDAY.

Level 10, 456 Lonsdale Street
Melbourne VIC 3000
+61 3 7020 6512
info@thisfriday.com.au

thisfriday.com.au