

Reconnection Weekend

TWO DAYS OF COACHING IN THE ALPS

A unique opportunity to pause, reconnect with yourself, return to the essentials, and gain greater clarity about your inner world, so you can act with more intention in both your professional and personal life.

A weekend in the heart of the Alps, created by women coaches, for women, offering space to reflect and recharge.

WHAT YOU WILL EXPERIENCE

- Group coaching workshops
- Guided introspection practices
- Collective learning and reflection
- Relaxation sessions through movement and music
- Sessions in nature
- Moments of genuine togetherness

WHAT YOU WILL TAKE AWAY

- Keys to identify and understand your internal dynamics
- A deeper understanding of yourself and your inner space
- Your strengths brought into light and into action
- New lasting strategies you can apply as soon as the weekend ends
- Inner clarity and renewed momentum

YOUR COACHES

JASMINE DARIER & SILVIA DUCRET



Jasmine Darier and Silvia Ducret are certified from the Institut de Coaching in Geneva and accredited by the International Coaching Federation (ICF). Jasmine is also certified in Group Coaching and Neuro-Linguistic Programming by The Society of NLP. Jasmine and Silvia both work as independent coaches in Geneva. Through their respective international backgrounds, they move comfortably between different cultures. They are committed to guiding you and helping you discover or rediscover the power of group coaching through this weekend dedicated to women.

November 14-15, 2026

Saturday 9:00 am to Sunday 5:30 pm

2 lunches and 1 dinner prepared by a chef

1 night in a private room

In Manigod, at the foot of the Aravis mountains

2 days of immersion in the heart of nature

Price 990.- chf

INFORMATION & REGISTRATION

By email at retreat@soulsisters-geneva.coach