

# RETREAT

SELF SPACE

<sup>x</sup>  
*Ibiza bay*

*NOBU HOTEL*

IBIZA BAY

Join us at Nobu Hotel Ibiza Bay for  
the Grow Through It Retreat

21st-23rd May 2023



## What does a **Self Space** retreat at **Nobu Hotel Ibiza Bay** look like?

A three day mental maintenance retreat that will support you to know yourself, find calm and make long-lasting positive changes in your life whilst enjoying the best of the beautiful White Isle.

Hosted by Jodie Cariss & Chance Marshall, Self Space Co-Founders.

Touching on challenges, relationships, repeating patterns, self-regulation and emotional resilience, we'll create space to take a deep dive into what makes you - you. We'll explore what is serving you and what isn't, freeing you up to live in a way that is closer to how you want to.

Expect creative therapies with qualified therapists. Beach journaling. Group walks. Group talks. Incredible food. Partner work. Writing. Making. Playing. Stories. Deep reflections. Movement.







## Why come on this retreat?

Alongside food from the exceptional Chambao and Nobu restaurants, the facilities of the Nobu Hotel Ibiza Bay (including luxurious pools and spa by Six Senses) and spectacular views of Talamanca Bay, guests on the retreat can expect;

1. A deeper awareness of yourself
2. An understanding of how others receive you
3. A renewed sense of understanding of your past
4. A vision for your future
5. An experience of sharing yourself; the good, the bad and the messy
6. A deep understanding of a new group of people
7. To experience a slightly different, more authentic side to Ibiza





## Sessions and themes

### Who am I?

21/05 | 12pm - 7am

Meet and welcome

What to expect from the retreat

A bit about me/who I am/how I am/why I'm here

- Lunch -

Afternoon:

Where am I at right now?

Where do I want to be?

Observation and questioning of the gap

### Where am I at?

22/05 | 10am - 5pm

Morning:

Beach Journalling

What am I going through?

What have I grown through?

- Lunch -

Afternoon:

Social exploration tools

Patterns and repeating cycles

Relationships

Hopes

Walk/Mediation

### Where am I going?

23/05 | 10am - 4pm

Morning:

Journaling

Goal setting

Foreseeable challenges

What will I need?

Who will I need?

What can I leave behind?

- Lunch -

Afternoon:

Walk

Closing statement

Reflection

Affirmations and goodbyes



# FAQ

## **What are the benefits of attending the retreat?**

Attendees can expect to improve their mental and emotional well-being, reduce stress and anxiety, and gain greater self-awareness and insight.

## **What is included in the retreat?**

Three days of therapist lead sessions, two night stay at Nobu Hotel Ibiza Bay, breakfast and lunch for the duration. Additional nights are available; please get in touch.

## **What should I expect at Nobu Hotel Ibiza Bay?**

With amenities such as beachside pools and stunning views of the surrounding landscape, expect relaxing luxury by day and downtempo beats and chill out vibes by night.

You are free to enjoy the hotels facilities outside of timetabled sessions.







## **What should I bring to the retreat?**

You should bring comfortable clothing that you can move in, as well as any personal items you may need during your stay. Don't forget a notebook, pens and any journaling material.

## **Is the retreat safe for people with mental health conditions?**

Our sessions are lead by qualified therapists. If you've got a diagnosable mental health condition and you're worried, flag it with us via [hey@theselfspace.com](mailto:hey@theselfspace.com) or when we reach out for your pre-retreat info and we can go from there.

## **Will there be downtime?**

Outside of scheduled activities, you're free to enjoy your own rest or adventures. We'll also break for lunch each day.

## **Can I have my phone/devices?**

To ensure focus and privacy, we'd ask that devices aren't present during the timetabled sessions (this is where your notebook comes in handy).



# Meet your hosts

## Chance Marshall

Chance is a Founding Partner of Self Space and the northern heart behind the brand's voice and creative spirit. He is an experienced and grounded creative psychotherapist working with clients to navigate challenges including anxiety and depression, alcohol and substance misuse, grief and loss.

He started his career as a therapist within addiction centres and '12 Step'-based recovery programmes across London. He set up Arts Therapy programs for unaccompanied minor refugees and asylum seekers in Croydon, and worked within pupil referral units before moving into adult mental health.

Chance is also the co-author of *How to Grow Through What You Go Through* and we'd guess approximately 800 social media posts that hit you so hard you immediately share with your mates.

Before becoming a therapist, Chance was a theatre maker and artist. He made works for The Baltic (Newcastle), Northern Film and Media and Channel 4.







# Meet your hosts

## Jodie Cariss

Jodie Cariss is the founder of Self Space, a Therapist with over 18 years experience in the field and a Tavistock trained executive coach. Jodie has fast become a leading voice advocating for accessible mental health support.

She is the co- author of How to Grow Through What You Go Through, published by Penguin in 2022 and regularly contributes to panel talks, podcasts and media titles such as Stylist Magazine, Cosmopolitan, Vogue and The Times. Her experience is vast, across global sectors as both a consultant and an ambassador.

Jodie is also one half on the men's mental health podcast 'I'm Okay Though', alongside music producer Owen Cutts. Prior to training as a therapist, Jodie was a TV Presenter and hosted popular TV shows including Fort Boyard For Challenge, Milkshake, The Core and spent three years as a wildlife presenter (she was also sadly the most featured presenter on 'It shouldn't happen to a wildlife presenter'!)





**Join us for a therapist-led, compassionately disruptive retreat where we help you grow through the things you go through.**

Any questions?

For booking or accommodation queries, email [reservations-ibiza@nobuhotels.com](mailto:reservations-ibiza@nobuhotels.com)

For anything else, email [hey@theselfspace.com](mailto:hey@theselfspace.com)

[www.theselfspace.com/ibiza](http://www.theselfspace.com/ibiza)