Loch Ness
EmPower
Action-based wellbeing
Great Wellbeing
A Two Day Residential Seminar & 12-Week Guided Mental Fitness Journey
Because when you feel empowered, everything changes.
17th - 19th February 2027

Why EmPower?

"It's made me braver. I've discovered who I am – and that I don't need anyone else's permission to be that person." – E.B.

Have you ever felt like you don't fit; don't belong? Or like you're too preoccupied by the difficult days to enjoy the brilliant ones? Perhaps you feel disconnected, or even lonely?

It's just you – right?

Many of us who have felt fragile have tried to think our way to wellbeing, or tried treatments to calm the feelings, but have ended up frustrated by our lack of deep and permanent progress.

We asked ourselves; 'I want to get better. What can I do?'

It took us three years to answer these questions for you.

We had an idea and we tested it, refined it and proved it and now we would like to share it with you.

The idea was **EmPower Great Wellbeing.**

There is no single big action that changes everything, but there is a myriad of easy, simple things you can practice to permanently retrain your emotions.

We provide the education and framework.

You take action, create lasting change, and thrive.

PROGRAMME OUTCOMES

I have always wanted to be able to be more productive - to get through my to-do list, and then be able to relax afterwards. Now I can! - MF, Highland

There's no silver bullet for mental resilience. But there are dozens of small, simple habits that – practised daily – make a profound difference. We provide the structure, insight and support. Your can take ownership and transforms.

THE GROUP EXPERIENCE

Our approach blends structure with undestanding. Each group is facilitated to ensure a psychologically safe space for reflection, learning and connection. Our peer support model is designed to foster long term community and accountability, so that the connections you make at the seminar continue to support you well beyond the EmPower Programme.

ABOUT THE PROGRAMME

The EmPower Programme offers you the opportunity to:

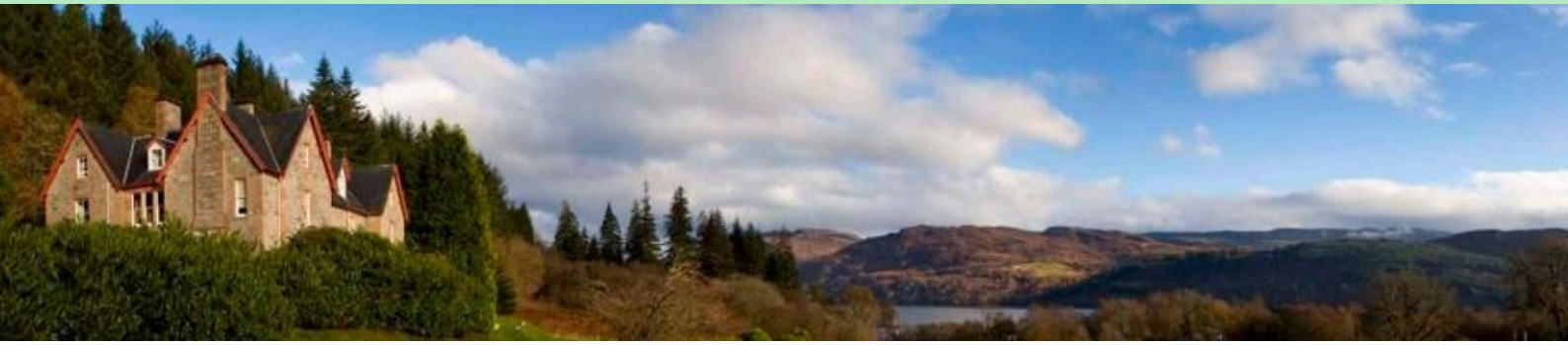
- Deeply explore your own mental fitness and wellbeing.
- Learn directly from expert facilitators with lived experience.
- Discover your core values and align your daily life with them.
- Identify and overcome limiting beliefs.
- Design a 12-week personalised action plan for sustained resilience.

Participants also benefit from:

- Weekly online development seminars for 12 weeks
- Be part of a peer support group designed to keep you accountable and connected.
- Train your mental fitness using our personalised tracker app with simple, easy-to-implement daily actions.

"My EmPower Group gave me somewhere I belonged. It helped me be more myself at home and at work – and brave enough to ask for help when I needed it." – D.B.

WWW.EM-PO.COM



2 DAY IMMERSIVE SEMINAR

This powerful seminar introduces you to Action-based Wellbeing and how it creates sustainable, permanent positive change. You'll learn:

- What is Great Wellbeing and how is it built
- Constructive and damaging behaviours and how they are shaped by our beliefs and values
- Emotions and memory, and their role in driving our actions
- The power of action in building Great Wellbeing and resilience
- How to co-design an action plan that is unique to your own values, beliefs and aspirations
- How to keep going and ensure you build the life you want

"I found the sessions valuable. They provided comprehensive education from practitioners with lived experience and time for us to develop aims. The program provided tools and resources to build more resiliency to the personal challenges, awareness of my actions and desired outcomes, as well as self-compassion for when I struggle." - C.S

12-WEEK GUIDED WELLBEING JOURNEY

Participants build their 12-week plan during the seminar and carry it forward through our custom EmPower Tracker app. This app guides daily actions based on behavioural science and tracks progress towards goals – supported by weekly live sessions, expert mentors, and peer accountability.

"I felt generally more at ease when I was tracking. That system of goal and target setting and measurement really works for me. "
- P.A.

LEARNING STYLE

- **Inspiring & Evidence-based:** Rooted in science, designed to motivate
- **Personalised & Practical:** Each participant co-created their own unique plan
- **Relational & Supportive:** Strong peer bonds to sustain real change

INCLUDED IN YOUR PACKAGE:

- A Two-Day Education & Discovery Seminar, held at our Residential Centre on the shores of Loch Ness. Arrive for lunch on the 17th and leave after lunch on the 19th.
- Accommodation and all meals are included
- 12-week mental fitness programme, guided by our tracker app.
- Wellbeing assessments at the beginning, middle and end, so you can track your progress and see real growth.
- Weekly virtual seminars and community check-ins.
- Full access to expert mentors.
- Group support, resources and personalised learning.
- Celebration, graduation and onward support.

Additional costs: Transfers from Inverness Airport or Railway Station (we can arrange this for you) and any bar bills during your stay.

WHERE & WHEN?

The Inch Hotel
Fort Augustus
Inverness-shire
Scotland
PH32 4BL
www.inchhotel.com

17th - 19th February, 2027

INVESTMENT

£1,249 + VAT includes the full programme as listed above. No extra costs. Speak to us about spreading your payments out if that is better for you. Our terms and conditions can be found at www.em-po.com/terms-and-conditions

ENQUIRE NOW !

READY TO FEEL STRONGER, CLEARER, AND MORE CONNECTED TO YOURSELF AND YOUR PURPOSE?

Whether you're looking to join as an individual, with a group of friends, family, colleagues, or through a wider social network, we're here to help you take the first step.

The best way to find out how EmPower can support you is to talk to us.

No pressure. Just a conversation.

Contact: Nikita Saha
📩 Email: nikita.saha@em-po.com
🌐 Website: www.em-po.com

EmPower

An action-based solution to the wellbeing problem

Let's explore what's possible, together.

"Do it ! It will improve your well-being and help you learn more about yourself. It's like hitting a pause button on life and giving yourself permission to think of your own health and needs."- J.G.

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