

SHOU
SUGI
BAN
HOUSE



CLAIM YOUR CONFIDENCE RETREAT

JANUARY 18 - 21, 2024

A multi-night
program hosted by
best-selling author

LYDIA FENET

2024 IS THE YEAR YOU

CLAIM YOUR CONFIDENCE



This retreat is designed to help you build your confidence from the inside out, giving you everything you need to kick-off the New Year with intention and confidence.

You will leave prepared to go after the life you want with the tools to help you.

Equal time will be spent inspiring your mind with talks and interactive workshops, as to nourishing your body with spa treatments and the acclaimed, plant-forward cuisine at Shou Sugi Ban House, the Hamptons' first award-winning, luxury wellness retreat and spa.

Business leader, author and auctioneer Lydia Fenet and a select group of thought leaders will host empowering workshops and thoughtful conversations to help you take your life and career to the next level.

Each day offers personal time spent in reflection to help integrate and transform thoughts into reality, and one-on-one time with Lydia to allow you to share personal goals and create an actionable plan for 2024.

The Claim Your Confidence Retreat will leave you reinvigorated and ready to jump into 2024 with a clear vision of your goals, and a roadmap of how to get there.



LYDIA FENET

Lydia Fenet is the founder and CEO of the Lydia Fenet Agency, a boutique agency representing best in class charity auctioneers. Over her two-decade long career, Lydia served as the Global Managing Director of Strategic Partnerships for Christie's and reshaped the fundraising landscape as the world's leading charity auctioneer. She has single-handedly raised over one billion dollars for more than 800 organizations and broken-down countless barriers for women in the auction industry. Lydia is the author of two best-selling books, *The Most Powerful Woman in the Room is You* and *Claim Your Confidence: Unlock Your Superpower and Create the Life You Want*, as well as the podcast host of *Claim Your Confidence* in collaboration with Rockefeller Center.

Lydia is represented by CAA and travels internationally to speak to companies about unlocking their sales potential, empowering people in the workplace and the art of public speaking. You can follow her on social media @LydiaFenet and via her website at LydiaFenet.com.

RETREAT ITINERARY

THURSDAY

12:00pm Arrival and Check-in
1:00 - 2:00pm Welcome Lunch
2:30 - 3:00pm GET READY TO CLAIM YOUR CONFIDENCE
3:00 - 5:00pm SOLD: THE ULTIMATE NETWORKING AUCTIONEERING GAME
5:00 - 7:00pm Personal Reflection: *Yoga & Breathwork / Spa or Healing Arts / One-on-One with Lydia*
6:00 - 7:00pm Communal Hydrotherapy & Thermal Suite Access
7:00 - 8:00pm Seasonal Dinner
8:00pm Fireside Conversation & Hot Toddies

FRIDAY

8:00 - 9:00am Morning Movement: Vinyasa Flow Yoga
8:30 - 9:30 am Communal Hydrotherapy & Thermal Suite Access
9:00 - 10:15am Signature Breakfast Buffet Available
10:30 - 11:00am THE MOST POWERFUL WOMAN IN THE ROOM IS YOU
11:00 - 11:45am FIND YOUR STRIKE METHOD WORKSHOP
11:45am - 12:00pm Mindfulness Break
12:00 - 1:00pm EMBRACING TRANSITION AND RELEASING FEAR: Q&A WITH JENNY GALLUZZO, CO-FOUNDER, THE SECOND SHIFT
1:00 - 2:00pm Seasonal Lunch
2:30 - 3:30pm SCALE YOUR SKILL
3:30 - 6:00pm Personal Reflection: *Sound Meditation / Spa or Healing Arts / One-on-One with Lydia*
6:00pm Seasonal Dinner & Mock Auction with a Special Guest

SATURDAY

8:00 - 9:00am Morning Movement: Heart Opening Hatha Yoga
8:30 - 9:30am Communal Hydrotherapy & Thermal Suite Access
9:00 - 10:15am Signature Breakfast Buffet Available
10:30 - 11:30am BUILDING YOUR PERSONAL BRAND
11:30am - 12:30pm YOU ARE WHAT YOU NEGOTIATE
12:30 - 1:30pm Seasonal Lunch
2:30 - 4:00pm PUBLIC SPEAKING MASTERCLASS
4:00 - 7:00pm Personal Reflection: *Yoga & Breathwork / Spa or Healing Arts / One-on-One with Lydia*
7:00pm Seasonal Dinner & Trivia Night

SUNDAY

8:00 - 9:00am Morning Movement: Vinyasa Flow Yoga
8:30 - 9:30am Communal Hydrotherapy & Thermal Suite Access
9:00 - 10:00am Signature Breakfast Buffet Available
10:00 - 10:30am WRITING IMMERSION: A LETTER TO FUTURE YOU
10:30am - 11:30pm CLAIM YOUR CONFIDENCE: A ROADMAP FOR 2024
12:00pm Check-out and Departure

**All times are subject to change.*

FEATURED

WORKSHOPS & PROGRAMS

SOLD: THE ULTIMATE NETWORKING AUCTIONEERING GAME

A fast-paced, unforgettable networking experience that will teach guests key networking skills, introduce them to their fellow retreat members, and encourage everyone to get comfortable stepping outside of their comfort zone.

FIND YOUR STRIKE METHOD

An interactive workshop that will help you find your personal strike method so you will feel confident walking into any room, on any stage, or into any conversation. Your power is already inside you, and this class will help you uncover that.

EMBRACING TRANSITION AND RELEASING FEAR

Change is constant, and yet it is a certainty in all of our lives. This interactive speech and Q&A with Jenny Galluzzo, Co-founder of The Second Shift, will explore how to stop fearing times of transition and learn to embrace the opportunities that lie within these times in our lives. Whether you are thinking about starting a business, navigating your way through motherhood, or dreaming of moving on to try something new, this session will help you get excited about moments of uncertainty.

SCALE YOUR SKILL

Do you have an idea that you've always wanted to turn into a business? Do you wish that you could turn your passion into a side hustle? Do you feel like your business is stalling and you wish you could take it to the next level? In this session, participants will spend time with Lydia learning how to scale their skill; to stop thinking small and think big!

BUILDING YOUR PERSONAL BRAND

Your brand is the most important part of your career. In this workshop, we map out what you need to do to ensure that you're in control of the narrative of your brand story.

YOU ARE WHAT YOU NEGOTIATE

This interactive workshop will teach you to get what you want in life and business. Every. Single. Time.

PUBLIC SPEAKING MASTERCLASS

Have you ever wondered what it takes to feel confident in front of a group of people? In this interactive workshop, Lydia will use tips and tricks learned over a two-decade long career as an auctioneer to help you overcome public speaking fears and feel comfortable speaking in front of a crowd.

SHOU SUGI BAN HOUSE

Spanning over five acres in Water Mill, Shou Sugi Ban House is a private sanctuary inspired by the principles of wabi-sabi and wellness traditions that value the simple beauty and healing properties found within the natural world. Surrounded by evergreen trees and lush grasses, the gated compound includes a thirteen-room destination retreat and luxury spa, and a private, standalone luxury residence available for short-term rentals.

The property is located in the Hamptons, just 90 miles outside of New York City, in an area celebrated for its pristine beaches, sprawling farms, local vineyards, and historic estates. Shou Sugi Ban House sits in the pastoral hamlet of Water Mill, adjacent to the Parrish Art Museum, and is just three miles from the ocean.

Shou Sugi Ban House has been annually ranked as a Top Destination Spa in the United States by *Condé Nast Traveler's Readers' Choice Awards* and *Travel + Leisure's World's Best Awards*, each consecutive year since its opening in 2019. It is the only property in the Hamptons to be consistently recognized by both prestigious publications.

At the foundation of everything that Shou Sugi Ban House offers is the ever-evolving wellness, spa, healing arts, and culinary programming that guests seek out for an opportunity to recharge, and Return to the Simplicity of Self®.

All offerings, from spa and healing arts treatments to the ingredients used in seasonal culinary menus, are inspired by the natural bounty and light of the East End. This thoughtful integration with the local surroundings encourages a new perspective towards whole-body wellness.





PRICING & DETAILS

Included in the custom program itinerary is a daily spa or healing arts treatment of your choice, which will be scheduled daily during 'Personal Reflection' time slots. This amounts to \$750 in Spa and Wellness credit to be enjoyed during your retreat. This credit can only be used towards spa or healing arts services, cannot be applied to other associated costs of the retreat, and if not used, will be forfeited. Preferred spa and healing arts services are subject to availability at time of booking.

In addition, guests will have access to the world class facilities, communal spaces, wellness amenities, and culinary offerings at Shou Sugi Ban House. With this, all meals are included beginning with lunch upon arrival, through breakfast prior to departure. À la carte food and beverage options, including organic, biodynamic, or sustainably sourced wines are available at an additional cost.

Private guest studios accommodate 1-2 people and feature either a king or queen bed, luxurious soaking tub, modern gas fireplace, organic Japanese amenities, signature herbal teas, and nightly seasonal bath soak.

THREE-NIGHT ALL-INCLUSIVE PROGRAM

Reserve by November 22nd and enjoy a special reduced rate of \$6,395 single occupancy; \$9,990 double occupancy.

Reserve by December 20th and enjoy a special rate of \$6,895 single occupancy; \$10,740 double occupancy.

Reserve after December 20th at a rate of \$7,395 single occupancy; \$11,490 double occupancy.

Please note that taxes and gratuities are not reflected in the all-inclusive program price and will both be assessed upon checkout.

TO RESERVE: GUESTSERVICES@SSBHOUSE.COM | 631-500-9049 EXT 0