



# Unplug and Reconnect

**A Costa Rica Retreat for Two**

## Escape Together—Who You Bring Is Up to You



Join us for an exclusive retreat at the breathtaking Cielo Lodge in Golfito, Costa Rica. Whether you're coming with your spouse, fiancé, best friend, or adventure partner, this immersive wellness experience is designed to help you **disconnect, reconnect, and regenerate** in the heart of a Costa Rican jungle

**Learn more:** [cielolodge.com](https://cielolodge.com)

### **In partnership with:**

Dr. Robert T. Sicora (Dr. Bob), founder of Sicora Consulting and creator of the Leading from the Helm methodology, brings his expertise in self-leadership interpersonal relationships, and trust building with purpose to this unforgettable experience.





## Why This Retreat?

This journey is crafted to:

*Disconnect* | Step away, unplug, and give yourself room to breathe

*Relax* | Your body, quiet your mind, and let the tension go

*Self-Reflect* | Pause, tune in, and reconnect with your inner compass

*Recharge* | Your body and mind through movement and mindful care

*Revitalize* | Nourish yourself with wholesome food and immersive experiences

*Energize* | Step into adventure and awaken your bold, vibrant spirit

*Reconnect* | With yourself, your partner, and the world around you

Escape, explore, and embrace the transformative power of nature.

**Will you be joining us?**

# A Day in Costa Rican Paradise

## Morning

Witness the sunrise over the Gulf of Golfito

Start with meditation, yoga, and stretching

Enjoy a fresh, organic breakfast

Embark on an adventurous morning excursion:

- Paddleboarding, kayaking, or sailing
- Snorkeling or beach runs
- Exotic hikes through the lush National Forest

## Afternoon & Evening

Refuel with a gourmet buffet lunch

Relax with massage, sound baths, or infinity pool time

Engage in personal and group coaching with Dr. Sicora

Immerse in nature with guided meditation and rain sound baths

Enjoy a light, nourishing dinner before unwinding under the stars

## Activities to Choose From:

- Meditation & Yoga
- Paddleboarding, Kayaking & Snorkeling
- Mangrove Boat Tours
- Nature Hikes & Beach Days
- Spa Treatments & Massage
- Sound Baths & Rain Sound Baths
- Fishing & Scuba Diving
- Dolphin Watching Excursion
- Whale Watching (seasonal)
- Individual & Group Coaching Sessions





## Intentional Growth: What You'll Gain Together

### **Enhanced Self-Awareness and Mutual Understanding**

Through personalized assessments, couples gain deeper insights into their individual values and behavioral tendencies. This understanding fosters empathy and improves interactions within the relationship.

### **Improved Communication Skills**

Engaging in individual and group coaching sessions with Dr. Robert T. Sicora provides couples with effective communication techniques. These skills are crucial for expressing needs, resolving conflicts constructively, and strengthening the overall bond.

### **Rekindled Emotional Closeness and Connection**

Participating in shared activities like guided meditation, yoga, and sound baths fosters emotional presence and mindfulness. These calming, reflective experiences help couples reconnect on a deeper level, strengthening their sense of togetherness and mutual support.

### **Shared New Experiences Strengthening Bonds**

Adventurous excursions such as paddleboarding, kayaking, and nature hikes offer couples the chance to create new memories together. Sharing novel experiences can break routine patterns and bring renewed excitement to the relationship.

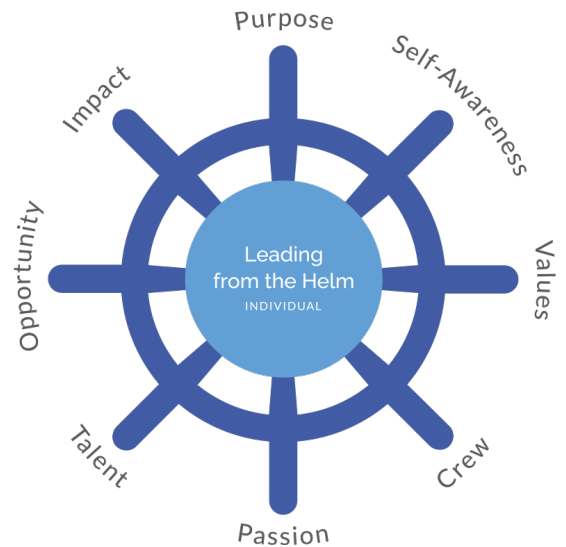
### **Shifting Perspectives to Strengthen Trust and Resolve Conflict**

Through guided conversations and coaching, couples learn to view one another through a lens of appreciation and curiosity. By focusing on strengths and shared values rather than differences, they develop deeper trust and uncover new, constructive ways to approach challenges—fostering a more harmonious and resilient relationship.

# Personalized Experience

## The Benefits of Personalized Assessments

Before you arrive at the retreat, you'll complete a series of self-assessments and participate in a virtual debrief session with Dr. Sicora. These powerful tools—including 4 Colors of Insights, 8 Factors of Engagement, 12 Driving Forces, EQ, Acumen, and relationship assessments—are designed to enhance your self-awareness, improve interpersonal dynamics, and create a more meaningful retreat experience.



### Greater Awareness of Self and Others

Gain deeper insight into your values, strengths, and behavioral tendencies, helping you navigate interactions with more mindfulness and clarity.

### Building Trust

Foster openness, empathy, and authenticity by understanding emotional drivers—creating a supportive environment for meaningful connections.

### Deeper Connections

Appreciate different perspectives and communication styles, allowing for stronger relationships, better conversations, and personal growth.

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**These assessments lay the groundwork for a transformative retreat experience tailored to your unique journey.**



**LEADING**  
FROM THE HELM

## Facilitation Partners



### Eve Hogan, MA

Eve is a renowned relationship specialist, author, and the founder of Heart Path Journeys. With extensive experience in guiding individuals and couples toward healthier, more fulfilling relationships, Eve has dedicated her career to exploring the intricacies of human connections. Her approach combines practical strategies with profound insights, empowering couples to navigate challenges and deepen their bonds. As the owner of Heart Path Journeys, Eve has facilitated numerous retreats and workshops, providing transformative experiences that foster personal growth and relational harmony.

In addition to her hands-on work with couples, Eve is an accomplished author, sharing her wisdom through various publications that delve into the dynamics of love and partnership. Her writings serve as valuable resources for those seeking to enhance their relationships and understand the underlying patterns that influence their interactions. Eve's commitment to creating healthy relationships extends beyond personal connections, encompassing workplace environments and broader community interactions. Her holistic perspective on human behavior and relationships makes her an invaluable asset to any couples retreat, offering participants both the tools and inspiration to cultivate lasting, meaningful connections.



### Mykella Auld, M.Ed.

An esteemed Organizational Wellbeing Leader, Social Educator, Strategy Architect, Certified Executive Coach, and Speaker. As the founder of The Work Well Studio, she collaborates with leaders to co-create innovative, development-centered organizations that are responsive to the holistic needs of their employees. Her expertise encompasses collective well-being research, equity framework development, creative problem-solving, and coalition-building. Mykella's philosophy centers on the belief that individual and collective well-being are paramount, and she is dedicated to reducing barriers to access and success for all employees.

In addition to her role at The Work Well Studio, Mykella serves as an adjunct instructor at New York University, teaching data analytics for public policy and social good. Her academic background includes a Post-Graduate Certification in Public Policy and Urban Affairs Management, a Master of Arts in Leadership, and professional certifications in Organization Design Thinking for Innovation, Coaching for Professionals, The Science of Well-Being, and Business Communication. Recognized for her contributions to the field, Mykella was named to WomELLE's Top 25 Female Leaders of 2024 list. Her commitment to fostering equitable and well-being-driven organizational cultures makes her an invaluable asset to any initiative focused on enhancing workplace relationships and dynamics.

## Facilitation Partners



### Jason Ball

An award-winning improv performer, coach, and educator who brings the transformative power of improvisation to life, both on stage and in relationships. With over two decades of experience teaching and performing improv comedy, Jason uses the principles of spontaneity, deep listening, and co-creation to help individuals become more present, emotionally aware, and communicatively agile. His engaging style and proven ability to foster trust, connection, and creative confidence make him a sought-after facilitator in both corporate and personal development settings.

At the Couples Retreat in Golfito, Costa Rica, Jason will lead a powerful and playful session focused on Using Improv to Become a Better Partner. Through interactive exercises and guided reflection, couples will explore how “yes, and” can become more than a stage cue—it can become a relationship philosophy. Attendees will discover how to embrace vulnerability, cultivate empathy, and strengthen their partnership by being more attuned, adaptable, and open to life’s unscripted moments. Whether you’re navigating conflict or deepening connection, Jason’s session promises to bring laughter, insight, and meaningful breakthroughs.



### Brittney Smith

A holistic wellness practitioner, certified yoga instructor, and intuitive guide with over a decade of experience helping individuals realign body, mind, and spirit. Known for her nurturing presence and deep expertise in restorative practices, Brittney weaves together yoga, meditation, sound healing, and breathwork to create deeply rejuvenating experiences. Her integrative approach to well-being is grounded in mindfulness, movement, and emotional balance—inviting participants to slow down, release tension, and reconnect with their inner wisdom.

At the Couples Retreat in Golfito, Costa Rica, Brittney will offer daily sessions that nourish the nervous system and awaken the senses. From gentle yoga and guided breathwork to immersive sound baths under the rainforest canopy, Brittney’s offerings will help couples unwind and recharge on a cellular level. Her sessions are designed to create space for healing, presence, and shared calm—offering each duo a renewed sense of connection and vitality as they journey inward and toward each other.

# Investment in Your Well-Being

## **Retreat Program Design & Assessments – \$1,500 per person**

This includes assessments, pre-arrival consultation, and a customized retreat plan.

## **All-Inclusive Stay at Cielo Lodge – \$2,500 per night/couple (+13% tax)**

Includes lodging, all meals, individual and group coaching sessions, guided excursions, and wellness activities. *Travel to Golfito, Costa Rica is not included.*

## **Retreat Dates | Stay for the full week or book a minimum of three nights**

### **Green Season Dates**

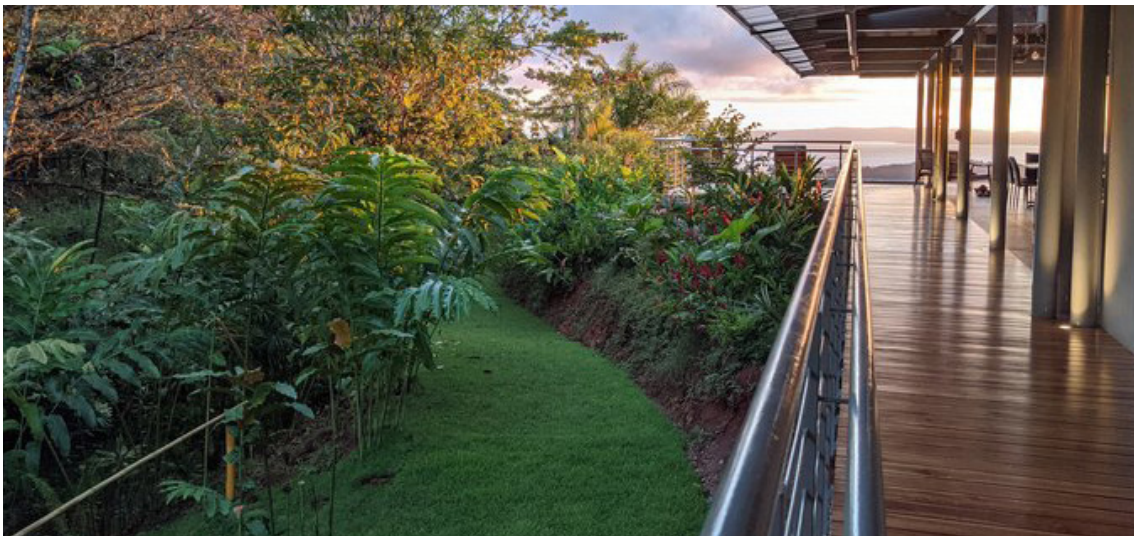
May 31 – June 7

### **Whale Season Dates**

July 26 – August 2

August 16 – August 23

**Only 6 private casas available | Space is limited!**



## ***Reserve Your Spot!***

**This is your chance to decompress, grow, and experience the beauty of Costa Rica while strengthening your most meaningful connections.**

***Contact Us*** **today to book and get ready to embrace Pura Vida!**

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