



Reconnection Retreat

Discover Yourself. Deepen Connection. In the Heart of Costa Rica.

Retreat into Something Deeper

Let Costa Rica be your backdrop for growth, reflection, and reconnection.



Step beyond the surface of everyday life and into an immersive experience designed to nourish your mind, body, and spirit—set against the breathtaking backdrop of **Cielo Lodge in Golfito, Costa Rica**.

Whether you join us solo or with someone close, this retreat invites you to slow down, reconnect with what matters most, and explore new dimensions of self-awareness and relationship.

From restorative wellness practices and meaningful dialogue to breathtaking natural surroundings, every element is crafted to help you return home feeling grounded, inspired, and renewed.

Learn more: 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

Guest speaker sessions (variety)

Immerse in nature with guided meditation and rain sound baths

Enjoy a light, nourishing dinner before unwinding under the stars

Activities to Choose From:

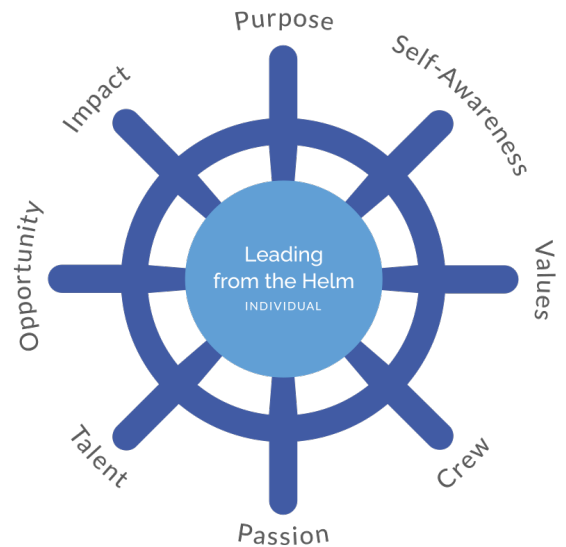
- Meditation & Yoga
- Paddleboarding, Kayaking & Snorkeling
- Mangrove Boat Tours
- Nature Hikes & Beach Days
- Spa Treatments & Massage
- Sound Baths & Rain Sound Baths
- Fishing & Scuba Diving
- Dolphin Watching Excursion
- Whale Watching (seasonal)
- Individual & Group Coaching Sessions



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.

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.



Sarah Moe, RPSGT

Sarah Moe is a nationally recognized sleep expert and the founder of Sleep Health Specialists. With a deep passion for translating the science of sleep into everyday impact, Sarah empowers individuals, couples, and organizations to harness the transformative power of healthy rest. Through years of clinical experience, education, and engaging public speaking, she makes the complexities of sleep accessible, actionable, and even fun—helping people unlock greater energy, emotional balance, and cognitive clarity.

At the retreat in Golfito, Costa Rica, Sarah will guide participants through an insightful exploration of how sleep affects every dimension of connection—from mood regulation and communication to empathy and resilience. Whether you’re focused on improving your own well-being or nurturing a deeper bond with a partner, her session will offer practical strategies to improve both personal and shared sleep hygiene. By creating a foundation of restoration, participants will leave with tools to support more vibrant, present, and connected living.

Facilitation Partners



Jenny Heaton

Jenny Heaton is a seasoned integrative health coach, certified yoga therapist, and relationship educator devoted to helping individuals and couples flourish in their physical, emotional, and intimate lives. With a rich background in psychology, wellness, and somatic healing, Jenny creates safe, inclusive spaces that invite reflection, healing, and growth. Her approach bridges body awareness, emotional intelligence, and conscious communication—empowering participants to deepen self-understanding and nurture more meaningful relationships.

At the retreat in Golfito, Costa Rica, Jenny will lead two transformative sessions centered on holistic well-being and authentic connection. In her interactive wellness workshop, participants will explore practices that support vitality, presence, and shared intention through movement, breath, and mindfulness. In a second session, she will facilitate a compassionate, open dialogue around sexual well-being—offering language and tools to help individuals and couples better understand and express their needs, desires, and boundaries. Jenny's work fosters curiosity, connection, and the courage to grow—within oneself and in relationship with others.



Dr. Robert T. Sicora

Dr. Robert T. Sicora is the founder of Sicora Consulting and the creator of the Leading from the Helm™ model—a transformative framework designed to help individuals navigate life with clarity, purpose, and trust. With over 30 years of experience in leadership development, organizational alignment, and personal transformation, Robert has guided thousands in reconnecting with their inner compass and charting a more intentional path forward. His immersive retreats in Costa Rica are a natural extension of his work, offering participants a unique opportunity to slow down, reflect, and reawaken to what matters most.

As a coach, author, and lifelong adventurer, Robert weaves together insights from neuroscience, leadership science, and systems thinking to create experiences that are deeply personal and profoundly practical. Whether you attend solo or alongside someone you care about, the retreat is designed to help you reconnect—with yourself, with others, and with the life you want to lead. Grounded in nature and enriched by meaningful dialogue, Robert's facilitation invites you to pause, reflect, and step forward with renewed purpose and possibility.

Your Investment

Your journey begins with a **\$1,500 personalized assessment and coaching debrief**—designed to give you deep insight into yourself and set the foundation for your retreat experience. This includes a custom-designed agenda tailored specifically to your goals (and your partner's, if applicable).

The all-inclusive retreat experience at the stunning Cielo Lodge starts at **\$2,000 per day/night**. This rate includes luxury accommodations, chef-prepared meals, guided sessions, wellness activities, and curated adventures throughout the Gofito region.

Each additional guest is \$500 per night. A 13% local tax applies to the total.

Only 6 private casas available (1-4 people per casa) – Space is limited!

Pick Your Season

Whether it's a long escape or a short getaway, we ask for a minimum stay of three nights.

Sun Season | December – April

Clear skies and golden days—perfect for sunrise hikes, ocean swims, and soaking in the full glow of paradise.

Green Season | May – November

Lush, vibrant, and serene—with warm morning sun and soothing afternoon rains ideal for rest and reflection.

Whale Season | July – November

An awe-inspiring time when Southern Humpback whales migrate along the coast—nature's wonder on full display.



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

Dr. Robert T. Sicora | Robert@SicoraConsulting.com

Nicole Goldstein | nicole@cielolodge.com