

REWIRE
RE-ENERGISE
REBUILD



UNLOCK LIFE RETREAT!

Embark on a four day, self-development journey infused with learnings from psychology, neuroscience and life sciences along with practical steps to enrich your life and achieve happiness and success.

Imagine having the time and space to focus solely on you and cultivate your best self. Some of the ways this life transforming program will help you thrive include:

- Discovering psychological flexibility
- Unlocking new ways of thinking, being and feeling
- Practicing mindfulness
- Rewinding stress to improve clarity of thought
- Science behind happiness and how to achieve it sustainably
- Build new confidence and freedom
- Creating new life purpose and/or career direction

Discover a whole new world of freedom on the other side of your fears and limitations.

Redesign the Subconscious Mind by breaking down subconscious constructs that bind us and drive behaviours that limit us from experiencing freedom and joy.

Introduction to Mindfulness in order to cultivate spaciousness within the mind and body to rewind 'dis-ease' and create sustainable wellbeing.

INTRODUCTION TO YOUR WELLBEING & PERFORMANCE COACH, DAMIAN PANOZZA: WHY IS THIS RETREAT UNIQUE?

I am a Psychologist, Leadership Coach and Founder of The Science of Happiness and Success. I combine a very unique blend of the latest Science from the fields of Psychology, Positive Psychology, Neuroscience and even Quantum Physics, with Eastern Practices such as Mindfulness and Metaphysical perspectives to guide you to find the freedom to achieve what you are seeking.

"This is a totally unique transformational health and wellbeing experience. There are twelve different sciences built into this program. It follows my own learning, discovery and knowledge I've gained across three degrees in psychology and many health accreditations. Imagine learning in four days the core psychological theories and effective practices that took me decades of focused learning to achieve!"



This program is designed to help if you lack direction, feel disconnected, struggling with thoughts or feelings, if you feel 'stuck' or not sure which way to turn in your life or career.

If you value learning, wellness, and seek self-improvement then you have landed here for a reason! This is for you.

Dates: 29th November to 2nd December 2021
At Abbey Beach Resort, 595 Bussell Hwy, Broadwater WA 6280

Call Damian Panozza, M 0425 366 643
www.scienceofhappinessandsuccess.com