

INTO THE

Blue Zone



THE
INNER
LEADER

IMMERSION
SERIES

> ABOUT KELLY CARTHY THE INNER LEADER

"Our capacity to lead others effectively grows in correlation with our willingness to lead ourselves well."

With over 20 years experience working with influential business leaders and organisations around the world, Kelly Carthy is passionate about facilitating and empowering change.

By delivering key strategies that support entrepreneurs and professionals to be more present and discerning so they can drive effective outcomes with less clutter and confusion.

As an international inner-leadership strategist, keynote speaker, mindset coach and published writer, Kelly's ability to transition you from the 'doing' to the 'BEing' to live a purposeful, present and successful life is at her core.

INSPIRE > IGNITE > EMBODY





WHAT IS YOUR INNER BLUE ZONE?

Blue Zones are locations around the world where people live longer, healthier lives. Your **Inner Blue Zone** is your internal support system that provides an instant resource to recalibrate your mind-body and emotional-body to create a balanced state in any environment.

LIVE FROM DEEPER CONNECTION TO INNER CALM

The **Blue Zone Immersion**

is a 3 day Immersive Experience designed to give you rapid internal shift, an inner sense of clarity and a renewed agency in all aspects of your life.

Combining principles of Freediving, Breathwork and Neuro-Somatic Therapies you will learn how to create a deeper sense of inner balance and direction.

Create a clear blue-print for living your life in a way that harnesses your strengths, prioritises your wellbeing and reduces the stress of a modern life.



THE INNER LEADER BLUE ZONE IMMERSION SERIES INCLUSIONS:



3 Day Immersion onboard your own Private Yacht / In Noosa

6 month follow up integration sessions and personalised practices.

6 months access to the Inner Leader online platform for mind, body and breath.

Invitation to join our biannual 'Open Boat' included in fee, travel costs at your own expense

INCLUSIONS

Accommodation,
all safety equipment, coaching,
activities, nourishing meals and
snacks and airport transfers

EXCLUSIONS

Transport to and from Newcastle / Noosa
\$1,400 per month for 6 months or \$8,000
up front (\$400 discount)

TO BOOK

Email: kelly@kellycarthy.com.au
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Dates - as advised