



# Retreat Itinerary

## ELEVATE TO INFLUENCE BALI RETREAT, DANICA BUNCH

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

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### Day 1: Welcome to Bali

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Arrive in Bali and be greeted at the airport for your included transfer to [Hotel Indigo Seminyak](#), your boutique beachfront base for the week. Check in from 3:00pm and take time to settle in—whether that’s a swim in one of the resort’s pools, a walk along Seminyak Beach, or simply relaxing on your private balcony.

At 6:00pm, meet your Retreat Host, Danica Bunch, and your fellow guests for a relaxed welcome gathering. Danica will outline what to expect over the week, introduce the program, and set the tone for a supportive and inspiring experience.

We’ll then share a welcome dinner together, connecting over fresh Balinese flavours and meaningful conversation to begin the retreat.

**Accommodation:** Hotel Indigo Seminyak

#### Meals Included

- Welcome dinner

#### Included Activities

- Airport transfers

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### Day 2: Strategic PR & Visibility

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Wake up to a nourishing breakfast at the hotel’s open-air café, where you can start the day with fresh tropical fruits, pastries and a choice of locally inspired or classic dishes. The morning begins with your first Strategic PR & Visibility Coaching workshop with Danica—a deep dive into clarifying your brand, messaging and media presence. The second workshop builds on these foundations, giving you actionable tools to strengthen your positioning and stand out in your field.

Midday, we'll enjoy an included casual lunch as a group, offering the chance to connect with fellow attendees and discuss morning insights.

After lunch, we'll set out for an unforgettable excursion to Tanah Lot Temple, one of Bali's most iconic landmarks. The temple's dramatic perch on a rocky outcrop and the golden glow of sunset provide both inspiration and a moment of reflection on your journey so far.

Return to the hotel in the evening with time to relax and dine at your leisure. Whether you explore Seminyak's bustling food scene or opt for a quiet meal by the beach, you'll end the day with both strategic clarity and cultural inspiration.

**Accommodation: Hotel Indigo Seminyak**

#### **Meals Included**

- Breakfast
- Lunch

#### **Included Activities**

- 2 x workshops with Danica Bunch
- Group excursion to Tanah Lot Temple at sunset
- Transfers to and from scheduled activities

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## **Day 3: Personal Brand Positioning**

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Ease into the morning with a guided yoga session designed to focus the mind and energise the body. After breakfast, we'll move into two workshops centered on Personal Brand Positioning—helping you refine your story so it aligns with your expertise, values and next chapter of leadership. Danica will guide you through exercises that turn abstract ideas into a clear, compelling narrative.

Lunch is at your leisure, allowing you time to explore nearby cafés or enjoy a poolside bite at the hotel. In the afternoon, enjoy an included full-body massage at the resort or nearby spa, giving you a moment to release tension and integrate the week's early insights.

The evening is free for you to discover Seminyak's eclectic dining options, from fine dining to beachfront casual. This balance of focused work and restorative downtime ensures you're progressing strategically without feeling rushed.

**Accommodation: Hotel Indigo Seminyak**

#### **Meals Included**

- Breakfast

#### **Included Activities**

- Guided morning yoga
- 2 x workshops with Danica Bunch
- Full-body massage

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## Day 4: High-Impact Networking

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After breakfast, we'll begin with a High-Impact Networking workshop designed to help you create and nurture connections that truly matter. You'll learn how to approach networking with intention, ensuring your interactions open the right doors and strengthen your professional reputation.

The rest of the day is devoted to a full-day guided excursion to Ubud, Bali's cultural heart. Highlights include visiting Goa Gajah (Elephant Cave) and the Elephant Sanctuary, where you'll experience Bali's spiritual and environmental heritage firsthand. This is a chance to immerse yourself in the island's beauty and history while sharing the journey with your retreat peers.

Lunch is at your own arrangement during the excursion, giving you flexibility to explore Ubud's vibrant café scene. Return to the hotel in the evening with time to relax or enjoy dinner at leisure.

**Accommodation: Hotel Indigo Seminyak**

### Meals Included

- Breakfast

### Included Activities

- High-Impact Networking workshop
- Full-day guided excursion to Ubud, Goa Gajah, and Elephant Sanctuary
- Transfers to and from scheduled activities

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## Day 5: She Will Program

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Following breakfast, today's focus shifts to leadership visibility with an Expert-Led Workshop drawn from Danica's She Will program. This session is designed to empower you to step into your authority with confidence. A second workshop deepens the work, guiding you to align your long-term vision with actionable steps.

An included casual lunch offers a moment to pause and connect before an afternoon of reflection or exploration. You may choose to relax by the pool, wander through Seminyak's boutiques, or join an optional evening outing to the Uluwatu Fire Dance (own cost)—a captivating performance set against the backdrop of a cliffside temple at sunset.

Dinner is at leisure, giving you the flexibility to enjoy Bali's diverse dining options.

**Accommodation: Hotel Indigo Seminyak**

### Meals Included

- Breakfast
- Casual lunch

### Included Activities

- 2 x workshops with Danica Bunch

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## Day 6: Strategy & Space

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Begin the day with yoga and breakfast, setting a calm, focused tone for two more workshops. These sessions bring together the insights you've gathered so far, helping you refine your personal brand strategy and prepare for the final stage of the retreat.

After an included casual lunch, enjoy the afternoon at your own pace. This could be a moment to browse Seminyak's artisan markets, revisit your favourite café, or simply relax by the pool with your journal in hand.

Dinner is at your leisure, allowing you to savour your final free evening in Bali.

**Accommodation: Hotel Indigo Seminyak**

### Meals Included

- Breakfast
- Casual lunch

### Included Activities

- Guided morning yoga
- 2 x workshops with Danica Bunch

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## Day 7 & 8: Visibility in Action & Farewell

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After breakfast, choose between a surfing lesson or stand-up paddleboarding—a fun and empowering way to close your time in Bali. Whether you're catching your first wave or gliding across calm water, this morning is about embracing new experiences, building confidence, and celebrating the progress you've made during the week.

Following lunch at your leisure, we'll gather for the final Next Step Visibility Plan workshop. This closing session brings together all the work you've done—ensuring you leave with a clear, actionable roadmap for your personal brand and visibility strategy. With your plan in hand, you'll be ready to step forward with purpose, clarity, and momentum.

In the evening, we'll come together for a celebratory farewell dinner, sharing reflections, laughter, and connection one last time. The next morning, enjoy a final breakfast before check-out at 12:00pm. Your included airport transfer will take you to the airport for your onward journey—departing with not just memories of Bali, but a complete strategy and renewed confidence for your next chapter.

**Accommodation: Hotel Indigo Seminyak**

### Meals Included

- Breakfast
- Farewell dinner

### Included Activities

- Surfing or stand-up paddleboarding lesson
- Final strategy workshop with Danica Bunch
- Return airport transfer on departure day