
InterContinental
Natadola Bay
Fiji

18 — 22
October
2019

A large, stylized silhouette of a woman in a light pink color, serving as a background for the text. To the left of the woman's head is a solid yellow circle. To the right of her torso is a teal-colored hand with fingers spread, appearing to hold or support the word 'her'.

nurture **her**

Business
Clarity
Wellbeing

Sometimes taking a step back is the best way to move forward. We understand you know what it takes to be courageous and innovative.

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We'll transport you from the business fast lane to the tropical paradise of Fiji. At beautiful Natadola Bay you'll meet hosts, Nurture Her owners, Libby Babet, Tami Roos and Sip de Silva when you arrive at the five star InterContinental Fiji Golf Resort & Spa.

Get ready to spend five days being inspired by our world-class guest speakers, re-energise with our mind, body and mental wellbeing programme. Continue to grow and develop professionally with our renowned business workshops and one-on-one sessions from our brilliant Nurture Her mentors.

Our business is taking care of our community of businesswomen so we've created a conference to celebrate women like you, who represent the new and established face of business.

It's time to remember where the journey began. Unwind and retrace your steps, share your story with the world because nobody has a story like yours.

Nurture Her celebrates the wins, big and small through relaxation, reflection and knowledge sharing. You'll discover your greatest asset – You!



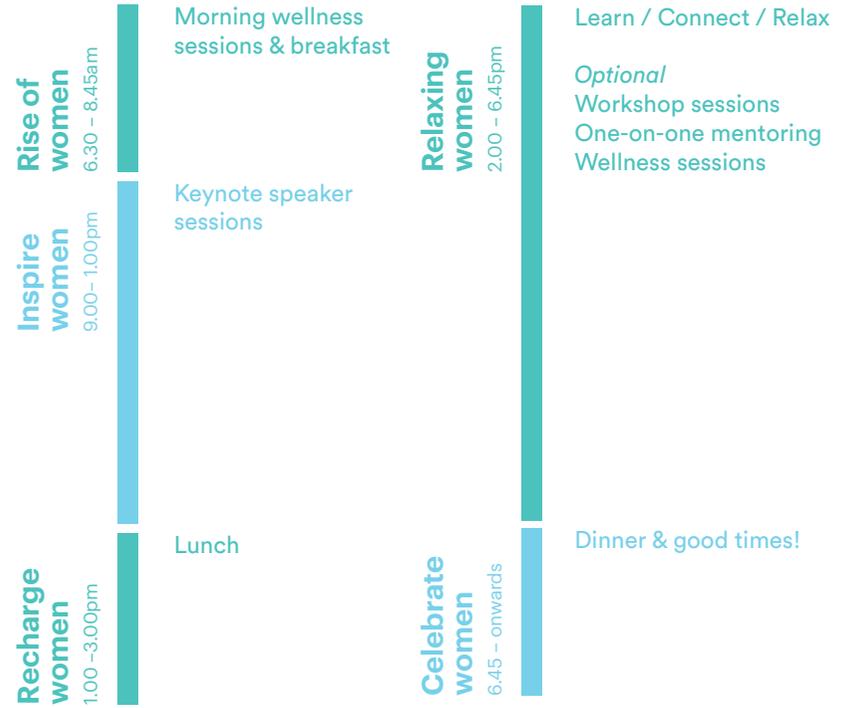
5 things you'll come away with

- 1 — A plan to maximise your potential
- 2 — Tools and strategies to power your health, wellness and business growth
- 3 — Connect with our courageous and innovative community of business women
- 4 — Validate your business journey
- 5 — Celebrate your story

— InterContinental
Natadola Bay, Fiji



Your day at a glance.



“The thing that makes Nurture Her super special is that everyone has chosen to be there, in most cases gone out of their way to be there. That is unique for a conference and the quality of engagement you get - the conversations - are quite unlike anything I have experienced before.

It was inspiring, challenging, life altering. Love it.”



Nurture Her wellbeing & nutrition programme

At Nurture Her we know taking care of business means looking after your heart, body and mind - when you're feeling good, you're performing at your best.

Television personality and fitness guru Libby Babet has created a programme to feed the soul, soothe the body and sharpen the mind at Nurture Her. Libby's wellbeing and nutrition programme will nurture your physical, emotional and mental health. Alongside the Intercontinental team she has designed a five star menu using fresh, seasonal nutritional produce guaranteed to wow your taste buds and cater for every dietary requirement.

Her programme includes an invigorating morning workout session or a more gentle movement or yoga session to ready you for the day ahead. Our scheduled team events are guaranteed to satisfy the big kid within.

At Natadola beach you can dive in and snorkel amongst the brilliant coral or simply relax poolside or in the spa. You will also have access to the health spa at the Intercontinental Fiji Golf Resort & Spa with private treatments to relax and pamper you from head to toe. Green fees apply for 18 holes on the resort's PGA-endorsed golf course.

— morning wellness session





“The Nurture Her conference was an amazing experience. The speakers were truly inspirational and I met so many smart, innovative, driven, helpful and friendly people. I have returned to my business full of new ideas and with a network of people who can help me move my business into the future. I have more to learn and so will definitely return next year.”

Walk among the greats

In the paradise setting of Fiji, once we're all in our swimmers and sandals, it's an even playing field. It's a time to celebrate and reflect on the journey so far.

Our internationally renowned Nurture Her guest speakers include record-holding world champion surfer Layne Beachley, writer and film director Taryn Brumfitt, AFL legend Paul Roos and internationally award winning business coach Zac de Silva. The highly accomplished speakers were also handpicked for their capacity to get alongside our women entrepreneurs throughout the week.

They understand what it takes for businesswomen to be courageous and innovative, away from the stage they're eager to get to know you and learn more about your story. They'll retrace those first steps with you while sharing their wisdom and learning about your story.



Nurture Her 2019 speakers include

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Clockwise: Gretta van Riel,
Nam Baldwin,
Layne Beachley

Gretta van Riel

Gretta featured in Forbes 30 Under 30 last year, she founded SkinnyMe Tea at the age of 22 with \$24 in the bank in 2012. SMT became a global success and five years on has sold over 11 million cups of tea worldwide. She went on to launch brands like Dropbottle, Skintox Co, and The 5TH Watches all leveraging the power of social influencer campaigns.

Gretta's most recent venture an Influencer Marketing platform called Hey Influencers helps to link and grow relationships between brands and social media influencers.

Layne Beachley

Record-holding world champion surfer, Layne Beachley AO is regarded as the most successful female surfer in history. Layne's dedication to success saw her as the only surfer, male or female, to claim six consecutive world titles between 1998 and 2003. Layne went on to win a 7th world title in 2006 before retiring from the ASP World Tour in 2008. In retirement, Layne spends her time travelling nationally and internationally as a motivational keynote speaker for some of the world's top commercial firms, sharing her stories about sustaining success, overcoming challenge and maintaining a winning mindset. She is also a trainer and facilitator of a series of workshops, igniting potential in everyone she works with. Layne is also the Founder and Director of her own foundation, Aim For The Stars, Chairperson of Surfing Australia and an Officer of the Order of Australia.

Nam Baldwin

Nam Baldwin is a highly qualified emotional and stress control management specialist, co-developer of internationally recognised B.E.T Training, mentor and motivational life health coach. He has trained World Champions including Mick Fanning, Steph Gilmore, Pat Rafter and 2012 Olympic Kayak Gold Medallists in the K4 1000m; assisted patients that the conventional medical fraternity had not; and helped thousands of clients reach their ultimate fitness goals by educating them how to live a healthier, happier; sustainable lifestyle.

Nam will share with you his knowledge & techniques that are normally reserved for elite business professionals & athletes, dramatically improving your ability to cope with life's challenges, to find direction and to perform at your best – life skills you will wish you knew years ago!

More Nurture Her 2019 speakers...



Clockwise: Sam Bloom,
Taryn Brumfitt,
Courtney Sina Meredith,

Sam Bloom

From the lows of a devastating injury to the highs of representing Australia as an athlete and inspiring an upcoming Hollywood movie, Sam's path has been anything but ordinary.

In 2013, Sam's dream life turned into a nightmare when on a family holiday in Thailand she unknowingly leant against a rotten balcony railing, falling through it and crashing six metres onto the concrete below. She was lucky to be alive and had suffered devastating injuries including severe damage to her spinal cord that left her paralysed from the chest down.

Broken and hopeless, Sam reached her outer limits of physical and mental suffering. But with courage, determination and a little help from an unlikely feathered friend, she made her way back from the edge, scarred but undefeated.

Sam's journey has since inspired international bestselling book *Penguin Bloom*, now being transformed into a major film produced by Naomi Watts, with Watts set to star as Sam.

Today, Sam has reconnected with her love for the ocean and made a return to surfing. In 2018, Sam won gold and bronze medals in the Womens and Open Divisions respectively, at the 2018 World Adaptive Surfing Championships in California.

Sam will share her deeply personal story and the challenging lessons she has learned in resilience, goal setting, facing adversity, family, healing, mental wellness and more.

Taryn Brumfitt

Best selling author and director of the social-change documentary *Embrace*, Taryn Brumfitt's global crusade to end body dissatisfaction has seen her recognised by the United Nations Women, Amy Poehler's *Smart Girls* and the Geena Davis Institute.

Whether motivating the next generation at Google HQ or becoming General Electric's highest rated speaker, Taryn's determination to shift the way the world thinks about themselves and their bodies has been praised by the likes of Rosie O'Donnell, Ricki Lake and Ashton Kutcher. Taryn is Adelaide based with husband Mathew and three children.

Courtney Sina Meredith

Courtney Sina Meredith is an author, poet, performer and Director of Arts Trust – Tautai Contemporary Pacific Arts Trust. She has held numerous international writing residencies including the prestigious Fall Residency at the University of Iowa.

Her published works have been translated into Bahasa Indonesia, Dutch, French, German, Italian and Spanish and include award winning play *Rushing Dolls*, poetry collection *Brown Girls in Bright Red Lipstick*, highly acclaimed book of short stories *Tail of the Taniwha*, children's book *Secret World of Butterflies* with two upcoming publications this year.

**This time you come first,
take your place with us
in Fiji and discover the
path travelled. Relax
and reflect at our luxury
five star island paradise
conference especially for
businesswomen.**

— We look forward to
seeing you in Fiji soon.



A sound investment.

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Your package includes:

- / Return flights departing Brisbane, Sydney, Melbourne (flight exclusive packages available)
- / Return transfers to and from Nadi International Airport to the InterContinental Fiji Golf Resort & Spa Hotel
- / 4 nights of luxury 5-star accommodation at the InterContinental Fiji Golf Resort & Spa Hotel
- / 3 nutritious meals daily while at Nurture Her
- / 3- 4 daily impact sessions with inspirational speakers and business mentors
- / Daily well-being programme

AUD \$4997 per person twin share
AUD \$5997 per person single. ex. Brisbane, Sydney, Melbourne
T&Cs apply.

To customise your package or for more information,
please contact hello@nurturegroup.co



A sound investment.

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Complete each of the following sentences with 'I'.

- have plenty of excuses why I can't step back from my business.
- genuinely deserve to give myself credit for all I have achieved so far.
- deserve to nurture my physical, emotional and mental wellbeing.
- deserve to learn from the absolute best in business the world has to offer.
- have earned a luxurious five-star bizzcation in beautiful Natadola Bay, Fiji.

See you in Fiji.



Broaden your mind, stretch your body and expand your horizons.

[Register now](#)

