

# TTC DESIGN COURSE CAPSTONE PROJECT



SACRED WAY RETREATS  
wellness • adventure • yoga

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ALLISON ADAMS MARCH 2023 COHORT



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# MEET THE FOUNDER

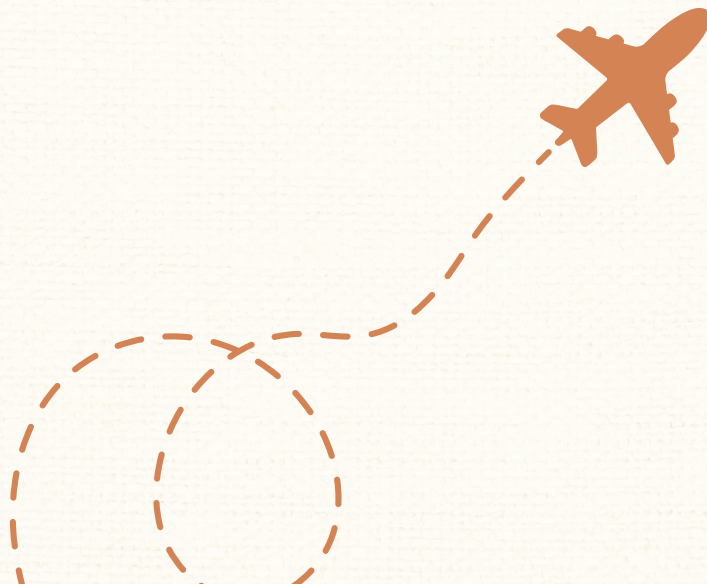


Hello, I'm Allison Adams, founder of Sacred Leadership Global, SACRED WAY RETREATS, and a few other exciting business pathways I'm launching to expand my vision for impact.

Starting these businesses was an organic process out of a love of travel that began when I was young, and my journey of deep transformation started nearly 20 years ago.

Initially, it was my soul's whisper to find lasting joy, love, peace of mind, and well-being for me and my family, that later became a dream and a possibility to serve women in the same position, with the same heart's desires.

What I've learned, what I've discovered, what I've practiced, and what I've invested in over these decades are the qualifications I'll use to lead transformational retreats primarily for women, but for anyone who has the desire to step forward and ask me to guide them.





# SACRED WAY RETREATS

Proprietary Sacred Leadership Global Framework  
That Will Inform SWR Travel Designs

## 6 FACETS OF LIFE:

- Circle 1: Personal
- Circle 2: Family
- Circle 3: Social
- Circle 4: Professional
- Circle 5: Travel
- Circle 6: Planet

## LIFE COMPASS:

HIGHER-WHOLE

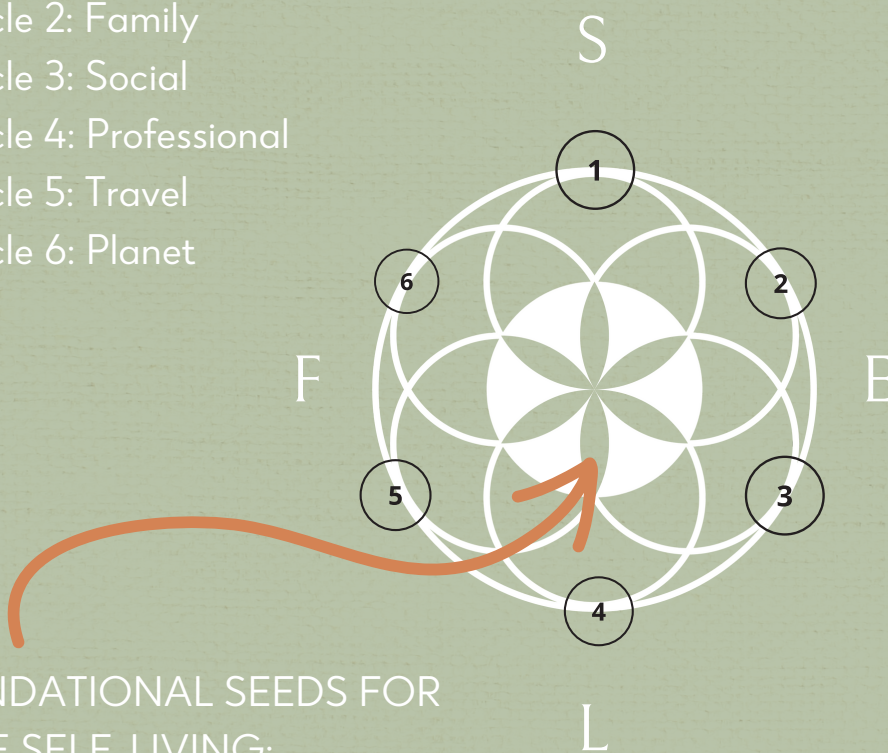
S.E.L.F

S- Spirituality

E-Energy

L-Love

F-Freedom (Liberation)



## 6 FOUNDATIONAL SEEDS FOR WHOLE SELF-LIVING:

1. Yoga (Meditation-Breath)
2. Wellness (Self Love-Self Care)
3. Food (Local- Regenerative)
4. Nature (Walk-Hike-Bathe-Silence)
5. Creativity (Daily- Projects-Group)
6. Transformational Travel (Adventure)

## 5 PHASES FOR LIFE & TRAVEL:

- 1: Initiate
- 2: Intention
- 3: Immersion
- 4: Integrate
- 5: Impact



# WOMEN'S RETREATS

## 1. Indi Travel

We offer various themed retreats for women to evolve their leadership, health, and empowerment. Some retreats are 6-7 day experiences while others are 3-4 day minis. If you'd like to travel with us, leave your email and you'll be notified as soon as we open our next retreat in Portugal (Olhao, Sintra), England, France, Italy, or Greece. We are expanding our destinations to include Bali, Spain, and more.

## 2. Tribe Travel

Designed and facilitated retreats, for your tribe or friends in mind. We can co-create a full 5-7 day or a mini 3-4 day retreat experience in one of these incredible destinations: Portugal (Olhao, Sintra), England, France, Italy, or Greece. We'll be expanding our destinations to include Bali, Spain, and more, so start dreaming and stay in touch!

## 3. Team Travel

Looking to create a retreat experience your team will appreciate, leverage, and value for years to come? We'd love to hear your ideas and how we can make this a reality for you. We are expanding our destinations to include Bali, Spain, and more so depending on where you're located in the world, we'll have the perfect venue waiting for you and yours.





# POSSIBILITIES FOR IMPACT

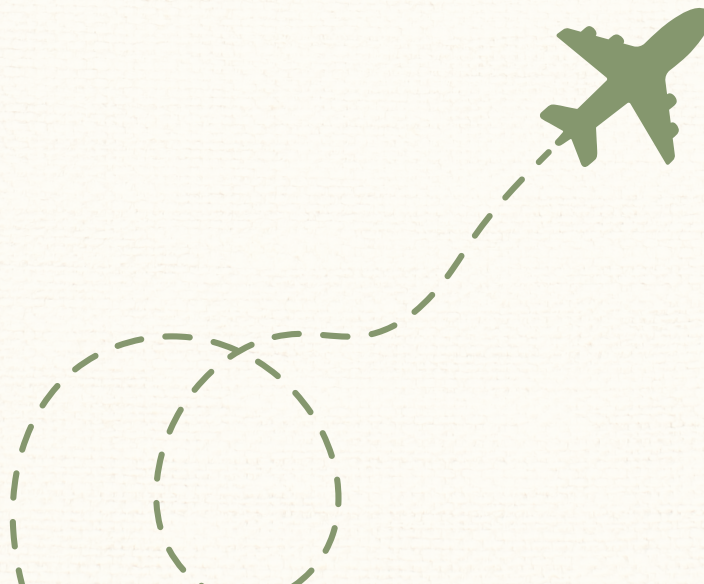


## B2C

The possibilities for personal and collective impact are infinite as the retreats will be part of a broader offer I have for women. I'm launching a community called SACRED- a virtual platform where women can learn, practice, connect, and grow. The membership is grounded in the Sacred Leadership philosophy and will support private & group coaching, programs, and retreats. It will be the essence and core of this business-growth pathway.

## B2B

I will be offering executive and guest retreats to expand the impact of leaders and resorts. Again, the essence and core of these transformational retreats will include my Sacred Leadership (Mind-Body-Spirit Leadership) framework in addition to what I've learned from my Transformational Travel Council Design Course.





# OUR POSITION



What makes our SACRED WAY RETREATS unique is that we look to collaborate with brands and other conscious individuals who have a shared vision of using travel as a means to create personal, collective, and planetary well-being.

We seek to build global relationships with others who have holistic resorts and destinations that can host and extend hearts and hands to projects that uplift us all.







# CONNECT WITH US

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