

## **Transforming Through Travel: My Journey from HR Leader to Travel Entrepreneur**

Back in 2020 during the initial throes of the global pandemic, as the world was starting to shut down, little did I know the incredible journey that awaited me. While the world was grappling with the impact of COVID, I found myself reflecting on my career and life choices. At the time, I had been working as an HR leader at New York University in Abu Dhabi for over two decades.

During the pandemic, I found myself in solitude while working from home. However, amidst the chaos and uncertainty, I discovered something beautiful. I had more space and time to reflect, journal, and meditate, which allowed me to tap into a new and deeper sense of inner peace. As I embarked on this journey of self-discovery, I realized that I was craving a new way of life and living.

My passion for my day job had slowly dwindled, and I felt stuck. But as I connected virtually with entrepreneurial women and their stories, I knew deep down it was time for me to take a leap of faith and start my own journey as an entrepreneur.

With my love of travel and my love of people, a life-changing opportunity had now presented itself. One that would allow me to step out of my comfort zone, into my soul's purpose. There was an overwhelming sense of fear as I thought about embarking on a new journey.

However, what I quickly realized is that during my travels, I had challenged myself by climbing volcanoes, trekking mountains, and exploring the limits of my own perceptions. These experiences had pushed me way outside of my comfort zone, forcing me to confront my fears and make tough decisions about whether to push forward or turn back. And that through these choices I'd discover a sense of courage I never knew I had, recognizing that I had everything within me to succeed; I just needed to trust myself, believe in myself, and dispel any self-doubt.

Along the way I've had the opportunity to meet people from diverse cultures and backgrounds. Learning from the wisdom of indigenous peoples and remote communities. One particularly life-changing encounter was in the Asante region of Ghana, where a village chief gave me the honorary name Akua Boahemaa, which means helper and leader.

These experiences have taught me resilience, courage, compassion, integrity, responsibility, and adaptability, qualities that are valuable in all areas of life. Leaning into these qualities has been instrumental in creating the life I always dreamed of. Moreover, it's these experiences that ignited my passion for helping women transform their lives through travel. That I could create opportunities for other women that are stuck, unable to remember what their dreams were, and give them the chance to experience adventures that would make them think, "wow, if I can do this, I can do anything!"

In January 2022, I took that leap of faith into the unknown, quit my job and took some time off to recharge and reflect in Sri Lanka. It was exactly what I needed to reset and transition from being an employee to becoming an entrepreneur. After that, as always, I couldn't resist the pull of travel with this newfound freedom and found myself hopping from one country to another.

Next stop was Malawi, where I found joy in the simplicity of life without electricity or running water on an eco-island. Followed by my third time visit to Ethiopia, this time exploring the Northern Region, Lalibela, famous for its rock-hewn churches. This experience gave me a deep sense of perspective.

As I journeyed on to countries such as Jordan, Peru, Morocco, Bolivia, and Syria, I found myself fully immersed in diverse cultures, embarking on new adventures along the way. But it wasn't until I arrived in Indonesia that I realized a profound metamorphosis was taking place within me. And so, my travels in 2022 were filled with intensely significant transformative moments as I explored 16 countries across 4 continents.

In April 2023, I am proud to be the Founder and CEO of Dream Catcher Global, where we utilize travel and adventure to help people unlock their potential through our exclusive adventure retreats and coaching programs. At Dream Catcher, we believe that transformation is about embracing the unknown, taking on new challenges, and developing the confidence needed to pursue your dreams.

We create transformative experiences that embody all that is Dream Catcher and create personalized experiences that go beyond the average retreat. We start by working closely with each participant through 1:1 coaching sessions before and after the retreat to identify their specific needs and goals, and we're extremely proud of our multi-faceted approach to personal transformation that combines traditional methods such as meditation with innovative techniques like adventure-based therapy.

At Dream Catcher we center our retreat experiences around three key themes: Explore & Connect, Reflection & Integration, and Celebrate & Honor. The Explore & Connect theme is designed to fully immerse participants in a range of activities and workshops that begin with a beautifully curated welcome dinner. The theme continues with an array of enriching activities, including yoga, meditation, and immersive women's circles. These circles provide a supportive space for women to connect, share their stories, and inspire each other. We also offer hiking, creative workshops, and adventure-based experiences that are specifically crafted to be in harmony with the local environment, making them one-off experiences that are truly unforgettable.

The Reflection & Integration theme encourages participants to take time to rest, reflect, and integrate their experiences gained during the retreat. The focus is primarily on journaling, a truly transformational practice. And, finally, the Celebrate & Honor theme recognizes and celebrates the transformative journey shared by all participants, acknowledging the personal growth and connections forged during the retreat.

Our commitment to our participants extends beyond the retreat experience. With access to an exclusive post-retreat program, we provide ongoing support and encouragement through a private Facebook group supporting the transformation even after the return home.

But that's not all; we're committed to sustainability and the local community, and we've designed our programs with this in mind. We are truly dedicated to making a difference in the lives of not only those that travel with us but also those we meet along the way. So that's why we donate on behalf of our participants to local projects, supporting initiatives that improve health, education, and overall well-being.

We also offer one-of-a-kind, one-day one on one transformational coaching adventures that blend outer adventure with inner exploration, in addition to team-building experiences that are both transformational and adventurous. We believe that Dream Catcher Global is the ultimate gateway for those seeking personal growth, transformation and adventure.

As I reflect on my own journey, I realize that COVID-19 may have disrupted the world, but it also gave me the opportunity to find my purpose. Through my travels, I've experienced the transformative power of exploration and self-discovery firsthand, and I'm truly grateful for the invaluable lessons and experiences gained along the way. I'm excited to share this with others through Dream Catcher Global transformative adventures, and I look forward to continuing to explore and learn from the world around me as I embark on my 80th country.

To learn more about Dream Catcher Global, including the inaugural adventure 'Retreat to Uganda' this September, visit our website [www.dreamcatcherglobal.co](http://www.dreamcatcherglobal.co)



# RETREAT TO UGANDA

*and Discover the "YOU" inside yourself!*

SEPTEMBER 10-18, 2023

## Escape the ordinary and venture into an unforgettable journey of self-discovery & personal growth in Uganda.



Are you feeling stuck in your current routine, overlooking your own needs, craving the courage & confidence to venture beyond your comfort zone & push through fear & self-doubt when it comes to making crucial changes in your life? Or are you simply looking for a **life-changing** journey of **self-discovery** and **personal growth**? This **exclusive** Dream Catcher experience was created just for **you!**

Imagine leaving behind the hustle and bustle of your everyday life for **nine glorious days** and immersing yourself in the **beauty and tranquility** of the **African plains**, where you **prioritize** your needs and desires, reconnect with your **passions and values**, and gain a deep sense of **connection** to nature and your world within.



Our **9-day exclusive** Dream Catcher **women's** **transformational adventure retreat** is designed to help you cultivate the **courage** to step out of your **comfort zone** and achieve **breakthroughs** from limiting beliefs. Our Dream Catcher program combines awe-inspiring adventures with **inner exploration** that support you in pushing your boundaries and **overcoming** challenges that may be holding you back in life.

## What makes **DREAM CATCHER** stand out from the rest?



### A Tailor-made Experience

We've created a highly **personalized** experience for each participant, tailored to meet your specific needs and goals. Through your **one-to-one coaching** sessions before and after the retreat, we work closely with you to identify areas for growth and development and design a program that's **uniquely** suited to you.

### Innovative Approach to Personal Transformation

We take a **multi-faceted** approach to personal transformation, combining traditional methods like meditation and self-reflection with more innovative techniques like **adventure-based therapy** and **creative expression**. This allows you to explore different aspects of yourself and challenge yourself in new and exciting ways.

### A Truly Immersive Experience

A truly **immersive** experience, providing an opportunity to **disconnect** from the stresses of everyday life and fully immerse yourself in the beauty and tranquility of the African wilderness. With a range of activities that include a cycling safari, chimp trekking, hiking and cultural immersion, you'll be fully engaged with the world around you and able to access a deeper level of **self-awareness** and **personal growth**.

### An Empowering Sense of Community

Our women's circles offer a transformative experience where you can **connect** with other women, explore gender-related issues, and gain a deeper understanding of yourself. They foster a sense of **community** and provide a non-judgmental and **supportive** environment to be heard and seen. Our retreat recognizes the power of women's circles in building **resilience**, tapping into **inner strength**, and cultivating **purpose** and **fulfillment**.



## Growth and Transformation with Like-minded People

An **exclusive** community through our **application** process, with carefully selected **like-minded** individuals who are dedicated to personal growth and transformation. This allows us to limit the retreat to just **12 participants**, ensuring an **intimate** and personalized experience where you can connect deeply with both yourself and others. Together, we create a supportive community **committed** to taking this transformative step.

## Sustainability and Commitment to the Community

A **sustainable** travel experience that **prioritizes** the **local community**, and an opportunity to **immerse** yourself in local culture with **authentic** village experiences. And as a part of **our commitment** to the community, we'll **donate on your behalf** to the SITA Tourism Foundation's Water, Sanitation & Hygiene project in Nabyoto Village, **providing safe water** for 100 families.

## A Unique, Beautiful and Transformative Location

A retreat **location** that embodies **natural beauty**, diverse wildlife, and **rich cultural heritage** making it a perfect destination for adventure, personal growth, and transformation. Whilst rare and endangered species, like **chimpanzees**, offer a **unique wildlife experience**.

## The Journey Continues After Returning Home

Exclusive access to a **private Facebook group** where you can connect with the new friends you've made during the retreat. Here, you can continue to support and **encourage** each other on your **transformative** journeys even after you return home.



## Transformational Tales



### ALEXCIA, NEW YORK, USA

*I recently had the pleasure of embarking on a one day, one on one adventure to rediscover myself with Akua, and the impact it had on me was truly remarkable. In just a short time, I was able to gain a newfound sense of clarity and purpose that will stay with me for a lifetime. Akua's guidance allowed me to visualize what true freedom means to me - creating and living my perfect day. This experience has given me the courage and motivation to pursue my dreams with conviction. I am deeply grateful for Akua's support, patience, and dedication throughout this journey. I highly recommend this adventure with Akua to anyone looking to reconnect with themselves and discover their true potential.*

[APPLY HERE](#)



## Retreat Overview



THROUGHOUT THE WEEK, WE'LL OFFER A CAREFULLY CURATED SELECTION OF WORKSHOPS AND ACTIVITIES DESIGNED TO HELP YOU GAIN INSIGHTS, DEEPEN YOUR PRACTICE, AND CONNECT WITH YOUR AUTHENTIC SELF.

# Some highlights include:

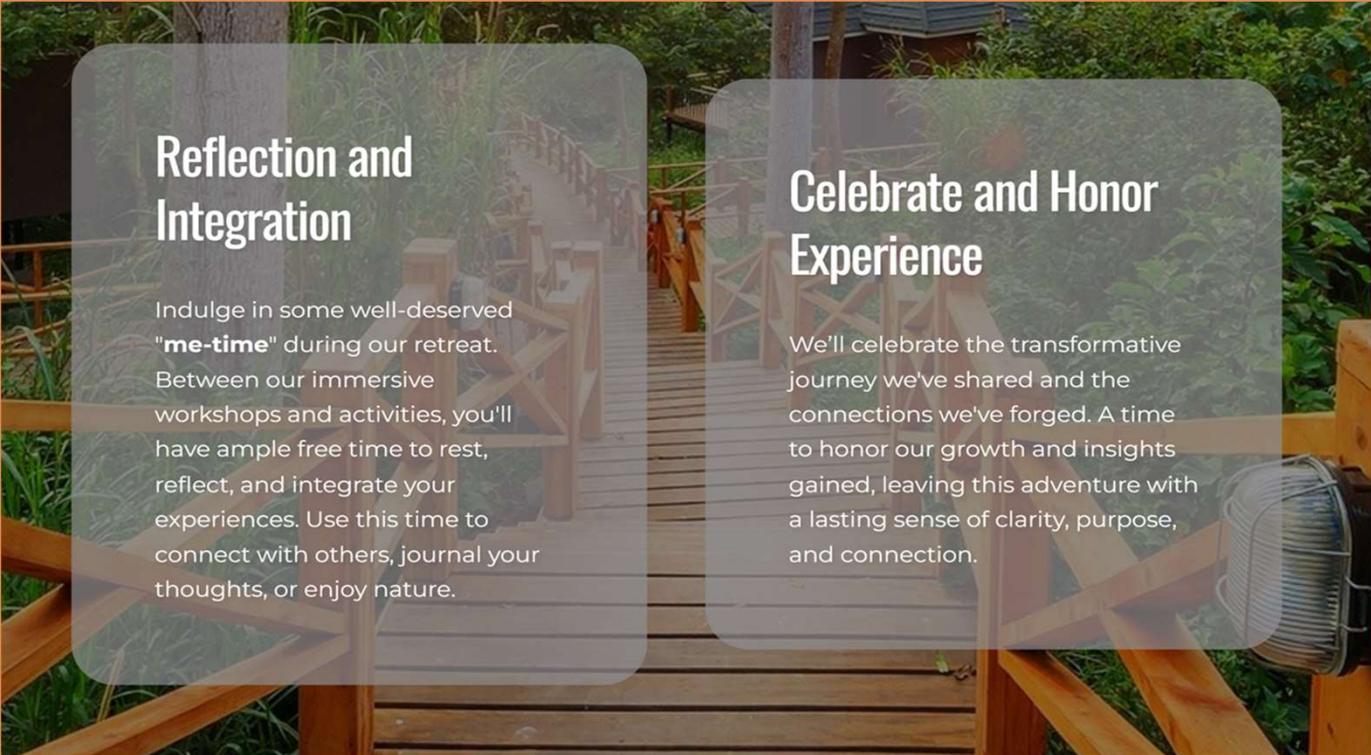
## Explore & Connect

### WELCOME DINNER

- ✦ We'll celebrate the beginning of our transformative journey together and connect with each other. This gathering is not just a mere welcome, but an opportunity to forge meaningful connections and set the stage for the personal growth and transformation that lies ahead.

### WORKSHOPS AND ACTIVITIES

- ✦ Yoga and Meditation for Inner Peace and Balance
- ✦ Nature Walks and Hikes to Deepen Connection with Nature
- ✦ Creative Workshops to Tap into Creativity and Wisdom
- ✦ Chimp Trekking to Gain Insights into Relationships and Behaviors
- ✦ Cycling Safari to Build Resilience, Perseverance, and Stamina
- ✦ Women's Circle to Foster Connection, Support, and Empowerment
- ✦ Meet the inspiring women of the Bigodi Women's Group, and discover their stories of strength, resilience, and community impact.
- ✦ An authentic village experience that will challenge your perspective and give you a deeper appreciation of different cultures.



## Reflection and Integration

Indulge in some well-deserved "**me-time**" during our retreat. Between our immersive workshops and activities, you'll have ample free time to rest, reflect, and integrate your experiences. Use this time to connect with others, journal your thoughts, or enjoy nature.

## Celebrate and Honor Experience

We'll celebrate the transformative journey we've shared and the connections we've forged. A time to honor our growth and insights gained, leaving this adventure with a lasting sense of clarity, purpose, and connection.



## Only 12 Spaces Available!

[APPLY NOW](#)

## At a Glance

**Dates:** September 10-18, 2023

**Apply by:** July 7, 2023

**Duration:** 9 days

**Guests:** Max. 12 Women

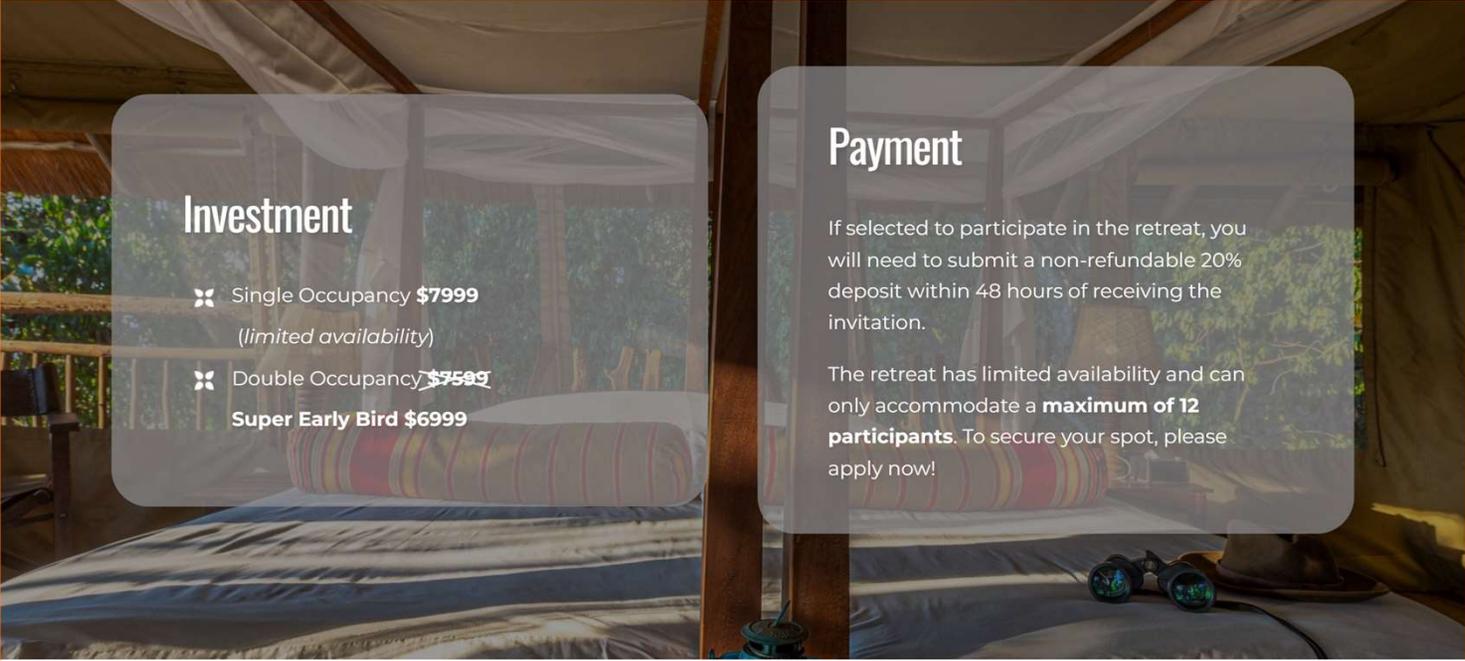
**Locations:** Mbarara, Lake Mburo National Park & Kibale Forest, Uganda

**Includes:** All meals, eco-luxury accommodations, activities, domestic transport



## Accommodation

Our Uganda adventure takes us to three remarkable lodges: Mihingo Lodge, Emburara Farm Lodge, and Chimpundu Lodge. Each of these luxurious and sustainable accommodations provides the perfect starting point for exploring Uganda's stunning landscapes and exotic wildlife. We'll begin and end our journey at Latitude 0 Degrees hotel, giving you a chance to rest and recharge upon arrival and departure.



## Investment

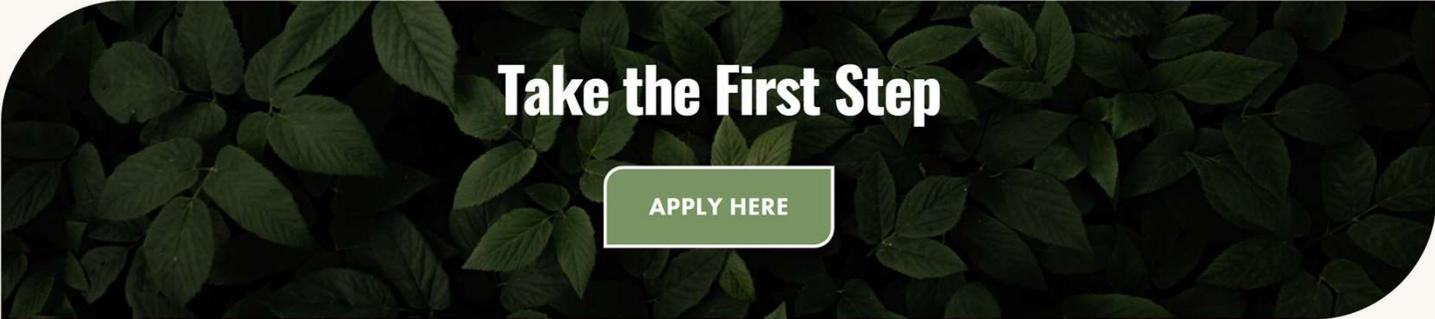
✕ Single Occupancy **\$7999**  
*(limited availability)*

✕ Double Occupancy ~~\$7599~~  
**Super Early Bird \$6999**

## Payment

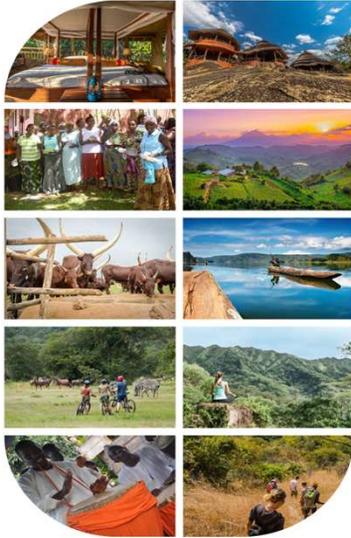
If selected to participate in the retreat, you will need to submit a non-refundable 20% deposit within 48 hours of receiving the invitation.

The retreat has limited availability and can only accommodate a **maximum of 12 participants**. To secure your spot, please apply now!



## Take the First Step

[APPLY HERE](#)



## The fine print

### What's included

- Nine incredible days of transformation, adventure, and connection.
- One pre-trip 1:1 coaching session
- One post-retreat 1:1 coaching session
- A virtual pre-trip preparation & meet your group session.
- Luxurious five-star accommodations (double occupancy) for 8 nights.
- An exclusive gift bag featuring a collection of carefully curated surprises.
- Daily breakfast, lunch, and dinner, made with fresh, locally sourced ingredients
- An evening of celebration and connection at our welcome dinner
- Closing celebrate & honor experience
- Women's circles for connection & empowerment
- Daily meditation sessions
- Group yoga sessions
- Group coaching sessions
- Cycling Safari
- Creative workshops
- Farm Activities

- Top of the world hike through Kibale forest
- Cultural Immersive village experiences
- A visit with the inspiring women of the Bigodi Women's Group
- Permit for chimpanzee trekking
- Pre-retreat private Facebook community group after the retreat.
- A domestic flight
- Return airport transfers for guests arriving on specified flights to and from Dubai.
- A donation on your behalf to support the SITA Tourism Foundation's Water, Sanitation & Hygiene project in Nabyoto Village to provide safe water to 100 families who currently travel 2km for water.

### What's not included

- Round-trip airfare from your home
- Alcoholic beverages, unless otherwise specified
- Personal purchases and extra gratuities
- Travel or trip insurance
- Medical care or treatment
- Required Yellow fever and COVID-19 vaccinations fees
- Uganda tourist visa fees