



CONSULT
KNIGHTLEY

Clarity
&
Direction

FACILITATED SESSIONS FOR RETREAT PROGRAMMES
No slides. No noise. Just a carefully designed space to think, decide, and move forward.



FOR RETREAT ORGANISERS

Your guests arrive to step away. *They leave wanting more.*

Whether your retreat is built around leadership and performance, or rest and renewal — your guests arrive carrying the same thing: a mind full of competing demands, unresolved decisions, and a quiet sense that they haven't quite found the signal in the noise.

Some retreats already create space for structured thinking. Others focus entirely on rest and restoration. Both are powerful. But very few offer their guests something that bridges the two — a structured, facilitated experience that works with the pace of a retreat, and leaves people not just restored, but genuinely clear on what they're returning to.

*That's the space **Clarity & Direction** was designed for*

What it is

Clarity & Direction is a facilitated, hands-on workshop built on a structured, proprietary methodology. Using large-format boards and proven decision frameworks, it makes thinking visible and tangible — helping participants cut through mental noise, surface their priorities, and leave with a genuine sense of direction and next steps.

Participants physically map out everything competing for their attention, then work through a guided process to separate what truly matters from what doesn't.

It's not therapy. It's not coaching. It's not a lecture.

It's structured, visual and practical.

- Everything in their head made visible and tangible on the boards
- A structured process to organise complexity in real time
- Clear decisions on what to focus on, pause, and let go
- A renewed sense of direction and control

All materials and equipment provided. You just provide the space.





WHY IT WORKS

Clarity and calm, *belong together.*

Wellness activities restore the body and quiet the mind. Clarity & Direction gives the mind something to hold onto — structure, direction, and a feeling of being in control.

When guests experience both, something shifts. The yoga lands differently when they're not mentally rehearsing a to-do list. The breathwork deepens when their priorities are somewhere visible and safe.

YOUR RETREAT
ALREADY OFFERS

Rest & restoration
Space to breathe
Physical renewal
Slowing down
Feeling better



CLARITY & DIRECTION
ADDS

Direction & momentum
Space to think clearly
Mental clarity
Knowing what to move towards
Leaving with a plan

Clarity & Direction doesn't compete with the rest of your programme. It completes it.

One session. *Or a complete arc.*

Clarity & Direction can be integrated into your retreat in two ways — as a single standalone session, or as a series of connected sessions designed to build across multiple days.

THE INTENSIVE

Single Session

90 minutes · Up to 8 participants

A standalone *Clarity & Direction* session that integrates seamlessly into your programme. High-impact, self-contained, and easy to schedule into any retreat day — morning, afternoon or evening.

Participants work through the full *Clarity & Direction* process: getting everything out of their head, organising their thinking, and identifying their clearest priorities and next steps.

For larger groups, the session can be split across two or three parallel sessions run on the same day.

THE CLARITY ARC

Multi-Session Programme

3 x 90 minutes · Across 3-5 days

For retreats wanting something more immersive, *Clarity & Direction* sessions are designed to build on each other — each one deepening the work of the last, taking guests from overwhelm to a clear, structured plan.

- 1 Get It All Out**
Capturing everything on their mind and beginning to organise their thinking
- 2 Find the Focus**
Applying decision filters, making clear choices, identifying what truly matters
- 3 Build the Plan**
Turning clarity into a concrete direction — priorities and focused next steps for 90 days

Whether you choose one session or three, your guests leave with something tangible — not just a feeling, but a clear direction forward.



WHAT PARTICIPANTS LEAVE WITH

They don't just feel better. They leave knowing.

At the end of each *Clarity & Direction* session, participants have something concrete in front of them — their thinking, made visible on the boards they've worked through. They photograph their boards and take their outputs with them: their priorities, their decisions, their next steps.

Not a summary of what someone else thought they said. Their own thinking, organised and clear.

AFTER THE INTENSIVE

- One clear personal priority for the next quarter
- A structured view of their key areas and demands
- A direction to guide decisions going forward
- One committed next step to build momentum

AFTER THE CLARITY ARC

- A complete view of everything they are navigating
- Clear decisions on what to prioritise, pause or let go
- A structured 90-day plan built across three sessions
- A coherent picture of direction — built by them

WORKING TOGETHER

Easy to integrate. *Zero burden on you*

Clarity & Direction sits seamlessly within your existing retreat structure. No complex briefing, no AV requirements, no disruption to the rest of your programme.

WHAT TO EXPECT

- All boards, materials and equipment brought by Emily — nothing for you to source or prepare
- Participants complete a short questionnaire in advance — every session is tailored to the group
- Flexible scheduling — works as a morning, afternoon or standalone evening session
- Suitable for day retreats, weekend retreats and extended multi-day programmes
- Available as a single Intensive session or the full three-session Clarity Arc

All collaborations are discussed in advance to ensure the sessions integrate well and serve your guests in the right way.

FORMATS AVAILABLE

→ **Single Intensive**

90 minutes · Standalone · Any retreat type

→ **The Clarity Arc**

3 × 90 minutes · Across 3–5 days
· Immersive programmes

→ **Bespoke**

Sessions shaped around your retreat's specific ethos and guest profile



YOUR FACILITATOR

20+ years helping people *think more clearly.*

Emily Knightley is a facilitator and the creator of *Clarity & Direction*. With over 20 years supporting individuals and teams through complexity, change and high-stakes decisions, she brings a rare combination of structure, rigour and warmth to every session.

Every session is designed well in advance — tailored to the group, the setting and the rhythm of the retreat. Emily brings everything needed. You just provide the room.

There are no slides, no lengthy presentations, and no generic frameworks. Just a carefully designed space in which participants do their best thinking — and leave with something real to show for it.

“People come for clarity. They leave with far more than that.”



Emily Knightley
Facilitator & Creator, *Clarity & Direction*



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Let's talk about what this could look like *for your retreat.*

Every collaboration is shaped around the retreat — its rhythm, its guests, and what you want them to experience and carry home. Whether you're looking for a single session or want to explore something more immersive across multiple days, I'd love to have that conversation.

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