



CONSULT
KNIGHTLEY

Clarity & *Direction*

A STRATEGIC CLARITY EXPERIENCE FOR YOUR RETREAT
No slides. No noise. Just a carefully designed space to think, decide, and move forward.

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FOR RETREAT ORGANISERS

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

Whether your retreat brings together leaders, founders, creatives, professionals or women seeking space to pause and reflect, your guests often 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 are designed around leadership, creativity or business. Others focus on wellbeing, restoration and personal growth. All create valuable space away from everyday life. But very few help participants turn that space into lasting clarity about what comes next.

That's where *Clarity & Direction* fits naturally.

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 structured, visual and practical. Participants leave with something tangible they can continue building on long after the retreat ends.

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 belongs *alongside transformation*

Every retreat creates change in its own way. Some through movement, coaching or conversation. Others through nature, creativity, reflection or rest. Clarity & Direction complements that work by giving participants a structured way to organise their thinking, make decisions and leave with genuine direction.

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

CLARITY & DIRECTION ADDS

<i>Rest & restoration</i>	→	Direction & momentum
<i>Space to breathe</i>	→	Space to think clearly
<i>Physical renewal</i>	→	Mental clarity
<i>Slowing down</i>	→	Knowing what to move towards
<i>Feeling better</i>	→	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

Progressive Retreat Programme

A series of connected sessions across your retreat

For retreats wanting something more immersive, *Clarity & Direction* sessions are designed to build on each other — Each session builds naturally on the last, allowing participants to develop increasing clarity as the retreat unfolds.

- 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 someone else's interpretation of their thinking. 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**

Perfect as a standalone addition to your existing programme.

→ **Progressive Programme**

A series of connected sessions designed around the rhythm of your retreat.

→ **Bespoke**

Designed around your guests, your theme and the experience you want them to leave with.

Every Collaboration *is Different.*

No two retreats are the same. Some are intimate weekends. Others unfold over several days. Some bring together founders and leaders. Others focus on creativity, wellbeing or personal growth.

That's why every collaboration begins with a conversation. Rather than offering fixed packages, I work with organisers to design a Clarity & Direction experience that feels like a natural part of the retreat you're already creating.

The format, pace and content are shaped around your programme, your guests and the experience you want them to have.

Some organisers invite me for a single retreat. Others choose to make Clarity & Direction part of every programme they run.

WAYS WE CAN WORK TOGETHER

01

A Standalone Experience

A single Clarity & Direction session integrated into your existing retreat. Ideal for a structured moment of reflection, decision-making and forward planning.

02

A Progressive Programme

A series of connected sessions woven throughout your retreat, each building on the last. Participants leave with clarity, priorities and a personalised 90-day plan.

03

A Co-Created Retreat

We design a bespoke programme together, blending Clarity & Direction with your own expertise to create a distinctive retreat experience.

04

A Signature Experience

For organisers who run retreats throughout the year and want Clarity & Direction to become part of their signature programme.



YOUR FACILITATOR

20+ years helping people *make sense of complexity*

Emily Knightley is the founder of Consult Knightley and creator of *Clarity & Direction*.

For more than twenty years, she's worked alongside people navigating complexity, change and important decisions. Over time, she noticed something.

The moments that created the greatest value were rarely the reports or presentations.

They were the conversations. The moments where people could step back from everyday life, untangle everything they were carrying, notice patterns they hadn't seen before, and leave with clarity about what mattered most.

That observation became the foundation of *Clarity & Direction*.

Today, Emily designs and facilitates practical, highly interactive sessions that make thinking visible. Using large-format boards and structured visual thinking tools, she helps participants untangle complexity, organise their thinking and leave with clarity, confidence and a practical way forward.

"People leave with something they can carry home: clarity about what comes next.."



Emily Knightley
Facilitator & Creator, *Clarity & Direction*



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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