

EXTERNAL LEADERSHIP COURSES

What's Your Story?

Crafting Your Leadership Journey
Women's Leadership & Innovation Retreat
26-30 May 2025

**LISBON
PORTUGAL**

IDRAK Training and Consulting



IDRAK
EMPOWERING TALENTS

Introduction

Embark on a Transformative Journey

Join us for an exclusive five-day leadership retreat program in the heart of Lisbon, Portugal. This program is designed for female leaders who are ready to explore their unique stories, ignite innovation, and lead with purpose.

Through expertly guided workshops and immersive cultural experiences, you will discover the key moments that define your leadership journey, connect with your deeper aspirations, and gain practical tools to drive impact in your personal and professional life.

This Program combines engaging morning workshops focused on discussion, learning, and skill-building with afternoon excursions that showcase Lisbon's rich history, vibrant culture, and innovative spirit. These excursions create an immersive experience, fostering leadership development through thoughtful reflection and meaningful dialogue. By the end of this journey, you'll have a renewed sense of purpose, a clear vision for your leadership, and a network of like-minded women to support you. With IDRAK, step into a broader world of leadership and innovation and be equipped to steer your organization toward groundbreaking success.

Program Description

Location:

- Lisbon, Portugal

Length and Dates:

- Total days of the Program - 5 Day(s)
- The Program will take place on **May 26th till May 30th 2025**

Participation Details:

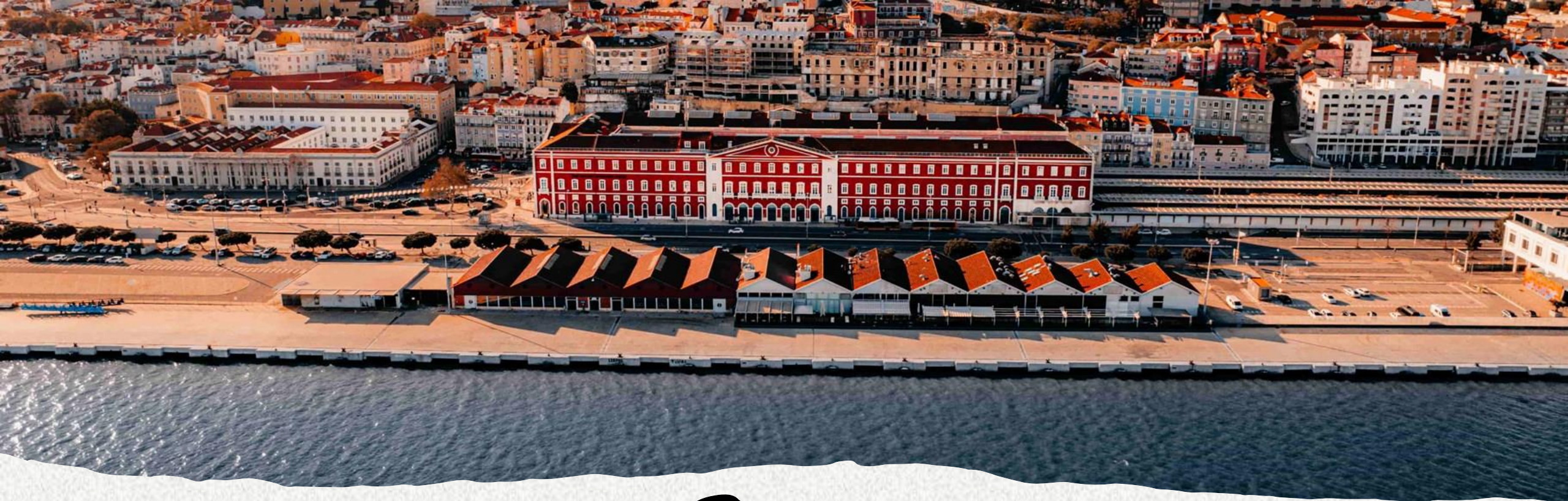
- At least 10 PAX (Excludes Flight and Accommodation)

•**Price per Participant:** 5,497 USD

**Early Bird Discount 4,998 USD
(By March 15th 2025)**

Ask about our Group Registration Discount!

•**Confirmation of participation by latest March 30th 2025**



The Venue

The Editory Riverside Hotel is ideally situated at Stª Apolónia station, one of Portugal's oldest and most iconic train stations. This vibrant transit point welcomes millions of travellers each year, serving as a gateway where the country's past intersects with modern progress.

Embark on a journey through history, guided by the rhythm of departures and arrivals, connecting to countless destinations on the map. The Editory Riverside serves as a gateway to a haven of experiences, where the view of the skyline merges seamlessly with the crossroads of discovery.

Why Attend?

The Arabic influence in Portugal is profound, stemming from nearly 800 years of Moorish presence in the Iberian Peninsula (711–1492). This influence shaped Portuguese culture, architecture, cuisine, and even language. Embark on a transformative leadership journey in the heart of Lisbon, where ancient wisdom meets modern innovation. This exclusive program invites you to explore your leadership narrative while immersed in one of Europe's most dynamic cities. Through expert facilitation, cultural experiences, and meaningful connections, you'll craft your unique leadership story against the backdrop of Portugal's rich history and thriving innovation ecosystem.

In this Program, you will:

- **Connect with Yourself:** Gain insights into your leadership style and aspirations.
- **Draw Inspiration:** Explore Lisbon's culture and innovation as a catalyst for growth.
- **Build Community:** Network with a supportive group of female leaders.
- **Take Action:** Leave with a clear, actionable plan on how to lead with influence and impact.

Join us in Lisbon to write the next chapter of your leadership story, where every cobblestone street and historic façade holds inspiration for your journey ahead. Step into your next chapter with confidence, creativity, and purpose.



Day One
Where Are You Now?

Program Agenda

Day 1: Where are you Now?

Morning Workshops:

1. **Understanding Change:** Through the *Change State Indicator*, you'll identify the key moments that have shaped your journey and explore how these have influenced your leadership decisions.
2. **Understanding yourself as a leader:** Explore what drives and motivates you, why you think and act the way you do, and gain the clarity you need to redefine your direction and purpose. This session will provide the headspace to reflect on your current path and consider your future with fresh insight.

Afternoon Excursion: Vintage Tuk-Tuk Tour through Lisbon

Explore Lisbon's iconic landmarks and learn how its history reflects resilience and adaptability. Tour Lisbon's oldest neighbourhood, which retains its Arabic roots in its winding streets, communal courtyards, and layout. Be inspired by how cultures blend and evolve, building on the past but looking to the future.

Reflection Question:

- How have the key moments in your life shaped your leadership style and vision? How do the historic transformations of Lisbon mirror your leadership evolution?

Day One Example Schedule

Time	Event	Topic	Focus
9:00-12:30	Workshop Facilitation	Understanding yourself as a leader.	Explore the pivotal moments shaping your journey.
1:00-2:00	Lunch		
2:30-5:30	Cultural Immersion	Vintage Tuk-Tuk Tour through Lisbon.	Discover resilience and adaptability in history and how it relates to your leadership journey.



Day Two
What's Your Story?

Program Agenda

Day Two – What's Your Story?

Morning Workshops:

1. **Future Storytelling:** Envision your future self and step into your leadership aspirations. This workshop introduces the concept of the 'Future Self,' designed to stimulate new insights, dreams, and clarity on your next steps. Open your mind to bigger possibilities and begin to shape your future vision.
2. **Creative Visioning:** Craft a distinctive cover story for your future leadership narrative. Translate your vision into a tangible reality by crafting a cover story of your future self. Picture what your ideal future could look like and explore what this means for your leadership journey. This session will provide the clarity and inspiration needed to take bold steps towards your future.

Afternoon Excursion: Lisbon Awakens: A Culinary Crossroads, Reborn

Experience Lisbon's diverse food culture, deeply rooted in its global connections during the Age of Exploration. Lisbon might feel staunchly Old World European – a sleepy town of nostalgic storefronts and scenic churches – but that's only its façade. Take a closer look, and you'll discover a city that maintains the deep-rooted links of its former trading empire, one that once connected Macau in the east to Rio de Janeiro in the west. As part of the tour, we will end with an early evening dinner.

Reflection Question:

- In what ways does your cultural heritage influence your leadership decisions and vision, and how can embracing diverse influences, like Lisbon's culinary fusion, enhance your leadership approach?

Day Two Example Schedule

Time	Event	Topic	Focus
9:00-12:30	Workshop Facilitation	Future Storytelling & Creative Visioning	Envision your future self and leadership aspirations and craft an engaging cover story.
1:00-2:00	Lunch		
3:00-8:00	Cultural Immersion	Lisbon Awakens: A Culinary Crossroads, Reborn	Explore food culture as a metaphor for connection.



Day Three

Leadership as Art

Program Agenda

Day 3: Leadership as Art

All-Day Excursion: Tiles and Tales: Azulejos Workshop

- Immerse yourself in Portugal's artistic and historical heritage with a full-day excursion. Learn how the Moorish art of zellige (geometric tilework) evolved into Portugal's iconic azulejos (tiles). Visit a traditional tile workshop in Azeitão, one hour south of Lisbon, and create your own tile as a metaphor for leadership and creativity. Be inspired by Arabic motifs, symbolising precision, creativity, and heritage. Create your own Azulejos tile while reflecting on reimagination and preservation as leadership principles.
- Enjoy lunch in a local restaurant and explore some of Portugal's most iconic tile artworks.

Reflection Question:

- What elements of your leadership journey are ready to be preserved, and which are ready to be reimaged? What legacy do you want your leadership to leave, like the enduring artistry of Portugal's azulejos?

Day Three Example Schedule

Time	Event	Topic	Focus
9:00-5:00	Cultural Immersion	Tiles and Tales: Azulejos Workshop	Engage creativity and reflect on preservation and reimagination.

STARTUP PORTUGAL



Six 'I's®
Standard Report

Example Standard report

You are an
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The Six 'I's®
of Innovation



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Day Four Innovating & Leading with Purpose

Program Agenda

Day 4: Innovating and Leading with Purpose

Morning Workshops:

1. **The Six 'I's® of Innovation:** Map your journey to overcome challenges with innovative strategies and learn innovation as a journey map to identify opportunities and generate new ideas. Dive into creating a new project idea or tackling a business challenge using innovative approaches.
2. **Discovering your leadership strengths:** Identify the skills that drive your innovation and influence through The Six 'I's® of Innovation profiling tool. Learn how to leverage your unique skills and experiences to develop a strategic plan that brings your ideas to life.

Afternoon Excursion: Start-up Lisbon & Female Founders

- Meet trailblazing female founders and explore Lisbon's vibrant start-up ecosystem. Discover how Lisbon became the capital of Innovation in Europe in 2023.

Evening Excursion: Dinner at an iconic historical restaurant in Lisbon

- Experience the soul of Portugal and learn how Al-Andalus poetry influenced Portuguese Fado music. Reflect on storytelling as a tool to engage others and connect to the themes of wisdom, courage, and resilience and how these relate to leadership.

Reflection Question:

- How can your personal story inspire and connect with others in your leadership journey, and how can you harmonise tradition and innovation in your leadership style?

Day Four Example Schedule

Time	Event	Topic	Focus
9:00-12:30	Workshop Facilitation	The Six 'I's® of Innovation	Map your strategies and create new project ideas. Identify skills to help drive innovation and influence.
1:00-2:00	Lunch		
3:00-6:00	Cultural Immersion	Start-up Lisbon & Female Founders	Learn from trailblazing women in leadership.
7:00-10:00	Evening Dinner & Networking with female leaders	Fado and dinner in an iconic Lisbon restaurant	Reflect on storytelling as a leadership tool.



Day Five

Writing Your Next Chapter

Program Agenda

Day 5: Writing Your Next Chapter

Morning Workshop:

- **Action Planning for Future Leadership:** This session will empower you to build traction on your new ideas by developing a clear plan for your leadership development. Articulate your purpose, identify opportunities, and implement strategies to make a bigger impact.

Closing Ceremony:

- Celebrate your journey, set intentions, and share what you have learned with fellow participants over a farewell lunch. Depart with a renewed sense of purpose, a clear action plan, and the support of a network of inspiring women.

Reflection Question:

- What are the first three steps you'll take to bring your leadership vision to life?

Day Five Example Schedule

Time	Event	Topic	Focus
9:00-12:30	Workshop Facilitation	Action Planning for Future Leadership	Develop a clear plan for actionable leadership.
1:00-3:00	Closing Ceremony and Farewell Lunch		Celebrate your journey and set intentions.



Natalie Turner

Programme Lead, Facilitator

Inventor of The Six 'I's® of Innovation

- Natalie is the Founder and CEO of the Entheo Network, an innovation leadership company, she is also the Founder of Women Who Lead a brand focused on Executive Women's development. She has a background in business and organisational strategy and innovation. She has worked for and consulted with some of the world's leading organisations, including GSK, Cisco Systems, Singapore Airlines, LEO Pharma and Danone. She has worked extensively with the Singapore Government, including the Ministries of Health, Defense, Education and ACRA, Singapore's accountancy regulation agency and academic institutions such as Singapore Management University, National University of Singapore and DUKE NUS.
- Natalie has a background in commercial marketing and strategy and has worked as a Director in organisations such as Research International, which is now part of the WPP Group. She is an experienced facilitator, trainer, and coach in leadership development, innovation, and organisational change.
- Natalie is an experienced business facilitator, trainer, and strategic innovation consultant with over twenty-five years of business and consultancy experience. She was also the former Head of Consumer Strategy at British Telecom in London, where she was responsible for setting and executing the strategic direction of the UK market. Passionate about applying ideas to tangible, practical, and operational results, Natalie draws from extensive experience working with leadership teams to create strategies and optimise the value of their current and future service offerings.
- Natalie is the inventor of The Six 'I's® of Innovation, a PEOPLE and PURPOSE-driven methodology and assessment tool that helps individuals and organisations measure their innovation strengths and the author of the award-winning book *Yes, You Can Innovate*, selected as book of the month, both in Singapore and the UK and Bronze winner of the Golden Door Awards, an international Award for non-fiction writers.

Accommodation



The Editory Hotel are offering retreat participants 10% off their accommodation costs. The average cost is 200 Euros per night, which is very competitive for Lisbon. Rooms can be booked directly from their [website](#) using the code **WWLPORTUGAL**.

Ten Top Facts about Portugal

1. Portugal is the oldest country in Europe, with its borders established in 1139.
2. Lisbon, the capital city, is one of the oldest cities in the world, predating Rome, London, and Paris.
3. The country has 17 UNESCO World Heritage Sites, including the Tower of Belém and the Monastery of Batalha.
4. Portugal's Vasco da Gama Bridge, spanning 17.2 km (10.7 miles), is the longest in Europe.
5. Portuguese is the official language of nine countries, including Brazil, making it the sixth most spoken language in the world.
6. Portugal is home to the largest cork forest in the world and is the largest cork producer, supplying over 50% of the world's demand.
7. The country's azulejos, decorative ceramic tiles, are iconic and can be seen on buildings throughout Portugal.
8. Fado, a genre of music known for its melancholic tunes, is recognised by UNESCO as an Intangible Cultural Heritage of Humanity.
9. Portugal was the first colonial power to abolish slavery in 1761.
10. During the Age of Exploration, the Portuguese discovered and introduced many global staples, such as chili peppers, potatoes, and tea, to Europe.



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