

Elevate *Her* Retreat

A 5 DAY WORKSHOP & WELLNESS EXPERIENCE

Travelglobe®

Full Itinerary

Dates

- Day 1 - Sunday 30th of August
- Day 2 - Monday 31st of August
- Day 3 - Tuesday 1st of September
- Day 4 - Wednesday 2nd of September
- Day 5 - Thursday 3rd of September

Location

Mondrian Hotel
Burleigh Heads, Gold Coast

What's included:

- 4 nights accommodation at the Mondrian Gold Coast
- Up-close and personal with some of Australia's most inspiring female founders
- Networking opportunities with like minded inspiring women from across Australia
- Exclusive gift - goodie bag with treats from well known brands
- Daily buffet breakfast
- Cocktail party welcome event
- Morning tea, afternoon tea and lunch on Day 2 & 3
- All workshop sessions and panel discussions
- Guided yoga and sound healing session
- Spa experience at Soak Bathhouse
- Masterclass and group dinner with Anna Polyviou
- Elevate Her notebook to record your journey

Pricing

Twin (2 beds): \$2890 pp
Double (King/Queen): \$2890 pp
Single room (King/Queen): + \$900 pp
Share with her (2 beds): \$2890 pp

\$800 deposit, non refundable

*see FAQ's for more info

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DAY 01 ARRIVAL

Afternoon:

Welcome to the Mondrian, a haven of luxury on the Gold Coast. Check yourself in for five days of learning, connection and wellness. Take your time exploring this stunning new hotel, or take a short stroll to the iconic Burleigh Heads beach before the retreat officially begins.

Evening:

Welcome Cocktail Party - Meet your fellow Elevate Her guests over cocktails and canapés. Later, relax at the sauna or poolside, or head out for dinner with your new acquaintances.

DAY 02 LEARNING AND CONNECTION

Morning:

Wake to ocean views and a delicious buffet breakfast, with perfectly brewed coffee to set you up for the day ahead.

SPEAKER: HEIDI ANDERSON

- Coming Back Stronger: Learning to Laugh Again & Leading with Authenticity
- Followed by morning tea

SPEAKER: MOLLY BENJAMIN

- 5 Steps to Grow Your Wealth (Without Giving Up Lattes or Fun)

Afternoon:

Enjoy a relaxed lunch and take in the morning's learnings.

SPEAKER: STEPHANIE LEUNG

- Using Fashion as a Tool for Confidence, Identity, and Self-expression
- A special guest speaker will join Stephanie
- Followed by afternoon tea

SPEAKER: ANNA POLYVIUO

- Bold, Bright & Unapologetically You: Crafting Your Creative Niche

PANEL DISCUSSION

- Panel discussion with Day 1 workshop facilitators and special guests

Evening:

Tonight you'll have a free evening to enjoy the vibrant, high-end dining scene for which the Gold Coast is famous, or take in the sunset at a relaxed, beachside restaurant.



DAY LEARNING AND CONNECTION

03

Morning:

Start your day with an indulgent brekkie.

SPEAKER: KYLIE PAATSCH

- Think Bigger: The Leadership Shift That Changes Everything
- Followed by morning tea

SPEAKER: MAREE SORTINO

- Social Media in 2026: Your Feed's Not the Problem... It's the Voice in Your Head

Afternoon:

Enjoy lunch and some time to recharge before the afternoon sessions begin.

SPEAKER: IRENE JONES

- Leaving Your Legacy: The Life You're Creating
- Followed by afternoon tea

KEYNOTE SPEAKER: JULES ROBINSON

- Owing Your Story: Staying True to You While Redefining Success

Evening:

Tonight, relax at the hotel or explore our list of recommended restaurants, bars and activities around Burleigh.

DAY WELLNESS RESET AND REFLECTION

04

Morning:

After breakfast, reset your body with a guided yoga session led by Danni Duncan, followed by a relaxing sound healing session designed to calm the mind and restore balance.

Afternoon:

Turn up the luxury with a decadent and rejuvenating spa experience at the Soak Bathhouse.

Evening:

Cooking demonstration and dinner with Anna Polyviou.

- Step into the kitchen for a special cooking demonstration with award-winning chef Anna Polyviou. Together, you'll prepare a delicious meal as a group.
- Raise a glass to Elevate Her as you enjoy the incredible meal you've created together and celebrate your final evening with the group.

DAY DEPARTURE

05

Morning:

Enjoy a leisurely breakfast with new friends and take a final dip in the pool. Meet for check out at 10am.



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WORKSHOP DESCRIPTIONS

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Anna Polyviou

Bold, Bright & Unapologetically You: Crafting Your Creative Niche

Anna takes guests on a journey through her world of colour, flavour, and fearless creativity. From her cultural roots and family influences to challenging the status quo in a male-dominated industry, she shares how to embrace your individuality and turn it into your greatest strength.

You'll explore:

- Finding and owning your unique voice
- Turning creativity into a career or brand
- Overcoming resistance to your ideas and individuality
- Standing out in a crowded market



Jules Robinson

Owning Your Story: Staying True to You While Redefining Success

Jules shares her journey from reality TV to businesswoman, brand ambassador, and mother—and what it's really like when the world thinks it knows who you are.

She speaks openly about the pressure of being defined by others, navigating mental health, and the self-doubt that can come with stepping into something new.

This session is about finding the courage to shed labels, trust yourself, and step into your next chapter, on your own terms.



Maree Sortino

Your Feed's Not the Problem... It's the Voice in Your Head

Social media was meant to connect us but for many women, it's become the loudest room for self-doubt. In this session, Maree Sortino unpacks the mental load of showing up online: from imposter syndrome to comparison spirals and that sinking feeling of "Who am I to be posting this?"

With a blend of honesty, humour, and lived experience, Maree will share the inner work behind outer confidence and why people will judge you whether you whisper or roar.

You'll unpack:

- How to build a healthy relationship with social media
- Practical marketing strategies for women in business
- How to show up consistently and grow your presence online

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Heidi Anderson

Coming Back Stronger: Learning to Laugh Again & Leading with Authenticity

Heidi shares her deeply human journey of facing anxiety head-on, navigating a highly public breakdown, and making a powerful return to the media world.

With honesty, humour, and heart, she explores:

- Rebuilding confidence after setbacks
- Embracing vulnerability as a leadership strength
- Reframing challenges into opportunities for growth
- Practical tools to show up more authentically in life and work



Molly Benjamin

5 Steps to Grow Your Wealth (Without Giving Up Lattes or Fun)

You can name all the Kardashians... but not how much you spent last month?

You're great at saving – but investing is still on the to-do list?

It's okay. We've got you.

Between rising costs, juggling kids, careers, and zero spare time... it's no wonder so many women feel stuck with money.

This no-BS, practical workshop is your ticket to a money glow-up:

- How to set realistic financial goals (and actually achieve them)
- Why you need an OMG fund (your safety net for life's unexpected surprises)
- How to manage your money in minutes (a simple system for every pay cycle)
- How to get super savvy with superannuation (because your future self will thank you)
- The must-have insurance that keeps you protected
- Why cash isn't always king (and how to make your money work for you)
- Which insurances are a must
- Favourite "money ninja" saving tips- HIYA!



Kylie Paatsch

Think Bigger: The Leadership Shift That Changes Everything

Whether you're starting your own business or wanting to step into leadership in life and work, Kylie Paatsch is here to show you how you can climb the ranks without leaving yourself behind.

From leading a major regional division for one of Australia's largest travel companies to launching her own leadership coaching business, Kylie brings both corporate and entrepreneurial insight to help you step into your next level.

You'll discover:

- 10 daily practices of great leaders
- How to navigate difficult conversations with confidence, courage, and clarity
- How to elevate your business or leadership to the next level
- The key questions to ask before launching your next move

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Irene Jones

Leaving Your Legacy: The Life You're Creating

Led by Irene Jones, founder of Travelglobe, this workshop is shaped by her personal journey through loss, resilience, and redefining what truly matters. With over two decades in the travel industry, Irene's perspective goes far beyond business, reminding us that the way we spend our time ultimately becomes the legacy we leave behind.

Through guided reflection, you'll be invited to consider not just what you do—but who you are becoming, and how that shapes your life, relationships, and future.

You'll explore:

- What legacy truly means to you, and what you want to be remembered for
- How your daily choices reflect (or disconnect from) your priorities
- How to integrate your retreat learnings into your next chapter
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Interactive elements:

- Create your own "last lecture", the message you would leave behind
- A letter to your future self



Stephanie Leung

Style as Self Expression

Your style is an extension of who you are - and who you're becoming. In this session, you'll learn how to use fashion as a tool for confidence, identity, and self-expression.

You'll explore:

- Dressing for confidence
- Reinventing yourself through personal style
- Building a capsule wardrobe that works for your lifestyle
- Featuring Local Australian designers

