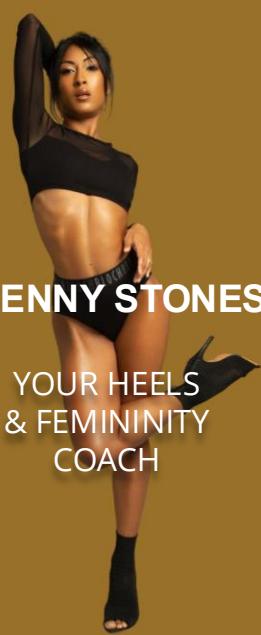




THE GODDESS ACADEMY

INTENSIVE RETREAT

20th – 26th APRIL 2026
THE WEEK THAT WILL CHANGE YOUR LIFE!



JENNY STONES

YOUR HEELS
& FEMININITY
COACH

Founder of Parisienne Touch, professional dancer coach and choreographer, Jenny's mission is help women reconnect to their femininity and unleash their feminine power through Heels Dance.

Jenny started her dance career on different TV shows in 2007 during her vocational training in France. Then she joins the famous French musical Romeo & Juliette. She went on to dance in a variety of television and film productions, music videos, theatre, and dance companies. Passionate about the connections between art, dance, and fashion, she danced for luxury designer brands, DVF and Dior.

She is now running heels classes in London and Workshops overseas coaching women to boost self-confidence, increase sex-appeal and improve dance technique.

She will be leading Heels Masterclasses.



**GAELLE
DESCHAMPS**

YOUR HOST,
CONFIDENCE
COACH &
YOGA
INSTRUCTOR

Gaëlle has over 20 years' experience with Global world-class companies, where she specialised in Leadership, Training, Facilitation and Executive Coaching. She was a Global Faculty member of the Coca-Cola University, which trains over 86,000 employees.

Gaëlle's energy is contagious, combining a high dose of positivity with a can-do attitude. She possesses great charisma, strong interpersonal skills and has built many fruitful multi-cultural relationships internationally.

She is the founder of G Force, www.gforceco.co.uk, designer of the Art of Confidence® programme, a certified coach and published author. Together with her husband, they own the Château de Vezins.

She will be leading The Art of Confidence® workshops and evening activities.



A UNIQUE & EXCLUSIVE OPPORTUNITY

This Spring, step up with this unique Goddess programme :

- 7-day, 6-night intensive programme with inspiring world-class coaches
- in the stunning Château de Vezins in the Loire Valley, France
- 12 Hours of Heels Masterclass
- 12 hours of Confidence boosting, Career Coaching and Group Workshops
- 4 Hours of Yoga
- All inclusive: exclusive access to the Château, fabulous bedrooms, 3 healthy meals a day, gala dinner, all workshops
- Professional photo & video session

The Goddess Academy®

What's included:

- Intensive holistic programme for you to boost your confidence, tune in to your sassy sexy self and unleash your inner Goddess
- A unique opportunity to spend 7 days/6 nights with world-class talents, coaches and leaders in their fields
- A fun & playful high octane learning experience
- 30 hours of Masterclasses including:
 - 12 hours of Heels with Jenny Stones + 2 hours of Dance filming
 - 12 hours of Confidence boosting group coaching and
 - 4 hours of yoga with Gaëlle Deschamps
- Extra-ordinary accommodation in beautifully renovated bedrooms in the Château, all South facing, with breath-taking views over the French Gardens. Each bedroom has its own identity and style with period décor and antiques
- Exclusive access to the entire Château de Vezins, 4 hectares of gardens, heated pool, jacuzzi, sauna, ice bath and gym
- Healthy, nutritious and delicious food, including snacks and non-alcoholic drinks, lovingly prepared by our onsite private cook
- A themed Gala dinner
- Coaching book and journal
- Certificate of course completion
- Clip Video of the all cast
- Goddess academy summary of the week video

Optional:

- A 45-minute professional photoshoot at the Château to capture your new confident self

Not included:

- Flights, insurance and transfer



Extraordinary working space



Extraordinary pampering



Confidence Group Coaching

10 STEPS to crush your self-doubt and unleash your authentic confident self

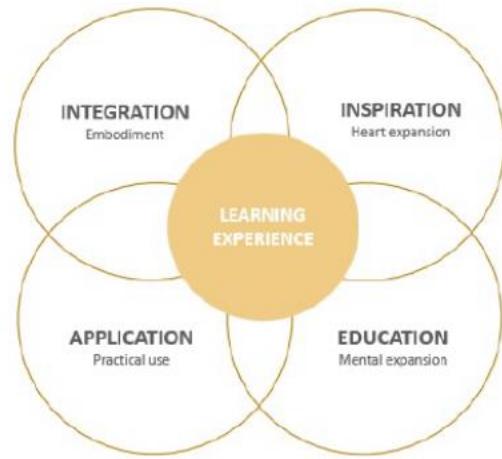


Your workbook



Your workbook examples of content

To make your learning experience transformative and memorable, this programme has been designed with these 4 elements at its core



The Art of Confidence®

INTRODUCTION

Task No. 2: Your starting point

Where are you right now? Be honest. We will review these at the end of the programme and 3 months from now. Mark your starting point ratings with an "x"

Not quite Kind of Nailing it

✓ I know my purpose ←→→

✓ I know my strengths and qualities ←→→

✓ I have clarity on who I am and what I have to offer to the world ←→→

✓ I have clear and motivating goals ←→→

✓ I have an empowering routine ←→→

✓ I have energy to do what matter most ←→→

✓ I am motivated for what's next ←→→

✓ I know how to come back after defeat ←→→

✓ I feel confident ←→→

✓ I feel optimistic ←→→

✓ I can share my story proudly ←→→

✓ I have found my Voice ←→→

✓ I love being me ←→→

✓ I have plenty of effective tools to thrive ←→→

✓ I am the person I dream of being ←→→

YOUR PERSONAL TASKS

1.0

The Art of Confidence®

STEP 3: MIND YOUR MINDSET

Choose Control vs. Concern

To feel in an empowered state, you need to aim for a large circle of control and a small circle of concern so that a lot of time and energy is focused on issues that are **within YOUR control**

Circle of Control

My own thoughts
My own actions
My words
My mindset
My work ethic
My choices

Circle of Influence

The thoughts and opinions of others
The actions of others
The actions of your peers
The actions of your team
Death

Circle of Concern

Decisions I made in the past
The weather
Catastrophe of loan cases
Business of public transport
Traffic

Circle of Concern

Government policy
The economy
Where you were born
The choices of others
Policies at work
The headlines
The behaviour of others
Sport results

YOU WILL feel disempowered, in weak state, stressed and negative if you have a large Circle of Concern and a small Circle of Control. A lot of time and energy is wasted reacting to issues that you can't control

Force

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The Art of Confidence®

STEP 5: MEET YOUR FABULOUS SELF

Task No. 8: Towards finding your Authentic Voice. You on a page

YOUR PERSONAL TASKS

Your top 10 values going forward: From STEP 5

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Your Tone of Voice & signature style:

What the world needs: From your digital

Your Motto/Mantra: From STEP 5

Your WITF: From STEP 1

Your top 5 strengths: From STEP 5, Strength Finder

1.
2.
3.
4.
5.

Force

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The programme: 7 days / 6 nights

Monday 20th – Sunday 26th April 2026

Lead by Gaelle

Lead by Jenny

AOC: Art Of Confidence, Group Coaching

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-9am		Dynamic Yoga	Partner Yoga	Aerial Yoga	Dance	FREE	Packing
9-10am						BREAKFAST	
10-12pm	Arrivals & check in Tour of the grounds & Chateau	HEELS	HEELS	HEELS	HEELS	AOC	AOC
12-2pm						LUNCH	
2-4pm	AOC	AOC	AOC	AOC	FILMING	SHOOTING PHOTO	Free time activities Jacuzzi, Sauna, Swimming Pool, Ice bath, walking in nature, trampolining, testing the zipline or slackline, journaling, playing a game of pool, chess...all available on site at no extra cost!
4-6pm	AOC	HEELS	HEELS	FREE			
6-7pm				FREE			
7-8pm				DINNER			
8-10pm	Drawing	French Night	Game	Gala Dinner	TBC	Music	



Suites



Packages available:

⚠️⚠️⚠️ Prices include Heels workshops, Art of Confidence Coaching Programme, accommodation, all meal and activities au Château.

Our bedrooms are for Queens and Kings, all South facing with breath-taking views over the French Gardens.

They are uniquely decorated, each with their own period décor and antiques. Bedrooms are allocated on a first come first served basis.

Double Beds



Secure your place now

Use the link below to pay the non-refundable down payment of £500, the balance is due by the first of March.

>>> SECURE YOUR SPOT HERE <<<

Limited to 10 places per retreat to ensure intimate and personalized experience.

Note this programme is the last one, so do not miss the opportunity to be part of this unforgettable experience.

Prices exclude Flights and Transfer.

Transport recommendations:

Arrival before 3pm on day 1. Departure any time after 2pm from the Chateau on the last day.

How to get there



By Plane: Nearest airport is Nantes (50 min drive from the Château de Vezins)



By train: Nearest train station is Chemillé or Cholet. Train from Paris is 1h 50.



By Car: 2 rue Nationale, 49 340 Vezins Loire Valley, FRANCE

