

ADVANTAGE

Live Unconventionally

EMBRAER QUARTERLY
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Journey East

Take to the wild on a game drive in the enchanting state of Rajasthan

Make It Yours

Redefine private flying with the all-new Embraer configurator

Evolving Design

Bill Bensley on sustainable hotel design and debuting as an artist

FIRST CLASS SELF-CARE

2022 will be the year many people invest in self-improvement, and a new breed of personal development retreats are here to help reignite your inner spark

Change is in the air, and after many months of isolation and uncertainty, we have emerged into the sunlight, ready to seek more from life. The Great Resignation is only one sign, but there's clear evidence of this shift as millions of people worldwide have quit their jobs to pursue new career paths and opportunities. In line with ancient Toltec and Aztec wisdom, we have entered the time of the Sixth Sun, which focuses on personal development. This cycle represents the slow transition from external motivations to a desire to conquer one's inner life.

Traditionally, achieving spiritual and personal transformation has been equated with long periods of solitude on a mountaintop or in a temple. Those tranquil venues served as a place to ponder one's identity and purpose. While modern life feels less flexible, the path to personal development has many roads. Presently, travel and positive psychology are merging to create body, mind and soul-expanding programs in inspiring environments to help facilitate the journey to self-knowing.

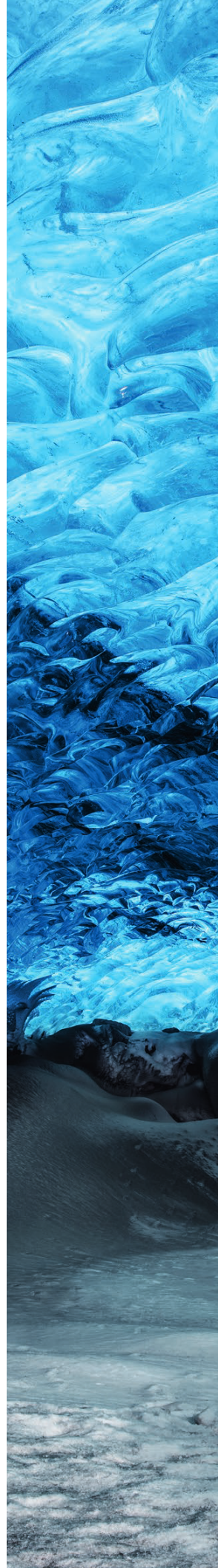
As an experienced Psychologist and Executive Coach, Dr. Tom Cotton is the Founder of Mind Environment and part of a new wave of immersive retreats that develop human potential in extraordinary places. "Whether

it's climate change, loss of biodiversity, the rise of automation, or geopolitical tensions, the scale and pace of change in the world right now affects us all."

While not quite a sacred temple, the 17th-century village of Bardou in the French mountains provides a serene place for a long weekend of stimulating activities. Through outdoor guided exercises, Dr. Cotton's team creates a safe and confidential space for leaders to disengage from operational demands. Taking dedicated time to reflect and realign allows participants to return to daily life with a renewed sense of clarity and purpose. "The work can be challenging but is also a profound adventure that brings about tangible and long-lasting change."

The results of Mind Environment's small group sessions have been compared to the intensity of falling in love, the feeling of grace that comes with a religious experience and having years of therapy condensed into one weekend. After the retreat, participating executives continue to support one another in their ongoing professional development.

Other avenues to personal growth come from shedding deeply held assumptions and limiting beliefs. Anyone ready to challenge their world views can take a trip curated by





WORDS Jennifer Davis, IMAGE Courtesy of Black Tomato

The "Bring it Back" experience celebrates travel as a tool through which you can find answers, inspiration, learn and challenge the status quo

Black Tomato, a travel company well-known for being on the leading edge of unique travel destinations. The “Bring it Back” series of experiences is a testament to their belief in the power of travel to transform. Tailored to the most pressing needs of the day, they have already curated trips that explore topics around creativity, wellness and more. Trips include illuminating interactions with local executives and entrepreneurs who found untapped value in their passions and VIP access to avant-garde art havens to meet up-and-coming talents.

Travelers can explore successful modes of work-life balance in Scandinavia or what it’s like to turn around after an economic crisis while exploring glacier caves in Iceland. Those suffering from digital burnout can ride through Mongolia’s forested mountains and valleys with a family that trains racehorses. There, one can gain a new perspective on the importance of family and daily interactions by spending time in a yurt with a culture that has maintained centuries of strong family bonds while living successfully in close quarters.

Healthy relationships are also essential to reaching personal development goals. When it comes to family or coworkers, understanding the dynamics of inter-generational living and working is a skillful trait. To address these topics and more, the Modern Elder Academy (MEA) serves as a midlife wisdom school dedicated to long-life learning and the desire to live a life as deep and meaningful as it is long.

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Left: Black Tomato’s curated trip to Mongolia provides new perspectives on the importance of family and daily interactions

Right page (top): Modern Elder Academy serves as a midlife wisdom school dedicated to long-life learning and the desire to live a life as deep and meaningful as it is long

Right page (bottom): The Modern Elder Academy’s campus in Baja California Sur is set in a quaint beachside village



RETREATS WITH A DIFFERENCE

MIND ENVIRONMENT

Transformative retreats for executives to better understand their leadership style and purpose. Group discussions, creative techniques and outdoor activities in the French mountains provide an invigorating space to gain clarity on personal and professional challenges. Intense and skillfully facilitated, sessions are limited to eight participants. The next Whole Environment Leadership Retreat will be held from April 29 to May 3, 2023. mindenvironment.co.uk

“BRING IT BACK” BY BLACK TOMATO

Immersive curated experiences that use the power of travel to transform hearts and minds. Black Tomato’s travel services embed clients in unique places to learn directly from on-the-ground experts around the world in sustainability, arts, entrepreneurship and wellness. blacktomato.com/bring-it-back

MODERN ELDER ACADEMY

Beachfront campus hosting weeklong workshops throughout the year on topics emphasizing a growth mindset and building a renewed sense of belonging. Retreat-at-home online courses focus on building community and engaging in personal expansion. modernelderacademy.com

MEA was started by hospitality entrepreneur Chip Conley, the “Modern Elder” who helped the young Airbnb founders to shepherd Airbnb from startup to household name and wrote a book on effective intergenerational teams. “Midlife is a time of adulthood that is full of change...so it’s a ripe time for people to reimagine and repurpose themselves.” The Academy’s campus in Baja California Sur is set in a quaint beachside village. Open and airy, the rooms and grounds include dozens of cozy nooks to reflect or chat, along with a yoga studio, library and organic garden. On campus, workshops use principles based on academic research from Yale, Harvard and UC Berkeley. MEA’s programs aim to reframe our relationship with aging and shift the primary aspiration from infinite leisure time to cultivating purpose and connection.

With the support of over 2,000 alumni from 33 countries, MEA is disrupting the retirement living model with Baja Sage, the first sold-out community of homes built

around a regenerative farm. Its key principles of regenerating soil, soul and community will extend the Academy’s mission into everyday living.

For many, travel has chiefly provided a sense of escape. But in reality, the true joy of travel comes from the self-discovery attained through encountering new environments, cultures and people that challenge our preexisting ideas about life and how the world works. While this can be uncomfortable for some, such experiences can be used to accelerate personal growth.

Whether it’s corporate-focused programs, reassessing our identities, or finding new inspiration through conscious travel, all these programs offer actionable insights and tools for better living. On both an individual and collective level, there is no better time than now to actualize our potential, embody Gandhi’s famous words and truly be the change that we seek. ◀