

Mercy International Association

PERSONAL DEVELOPMENT RETREAT



**MONDAY,
25 APRIL -
FRIDAY,
29 APRIL**

Featured Speaker: Carmel Bracken, rsm

This five-day retreat will explore the five areas of personal development: mental, social, spiritual, emotional, and physical to help participants identify their best selves. Participants will learn to find balance in their lives, and explore themes and exercises to cultivate wholeness. We will explore personality types, learn to transform stress, and promote pillars of a peaceful life.

Residential: €325 (Accommodation & Meals Provided)

Non-Residential: €225 (Lunch Provided)