

This is not a retreat about business  
strategy—it's about life strategy.  
A pause. A reset. A powerful beginning  
of the Second Mountain.

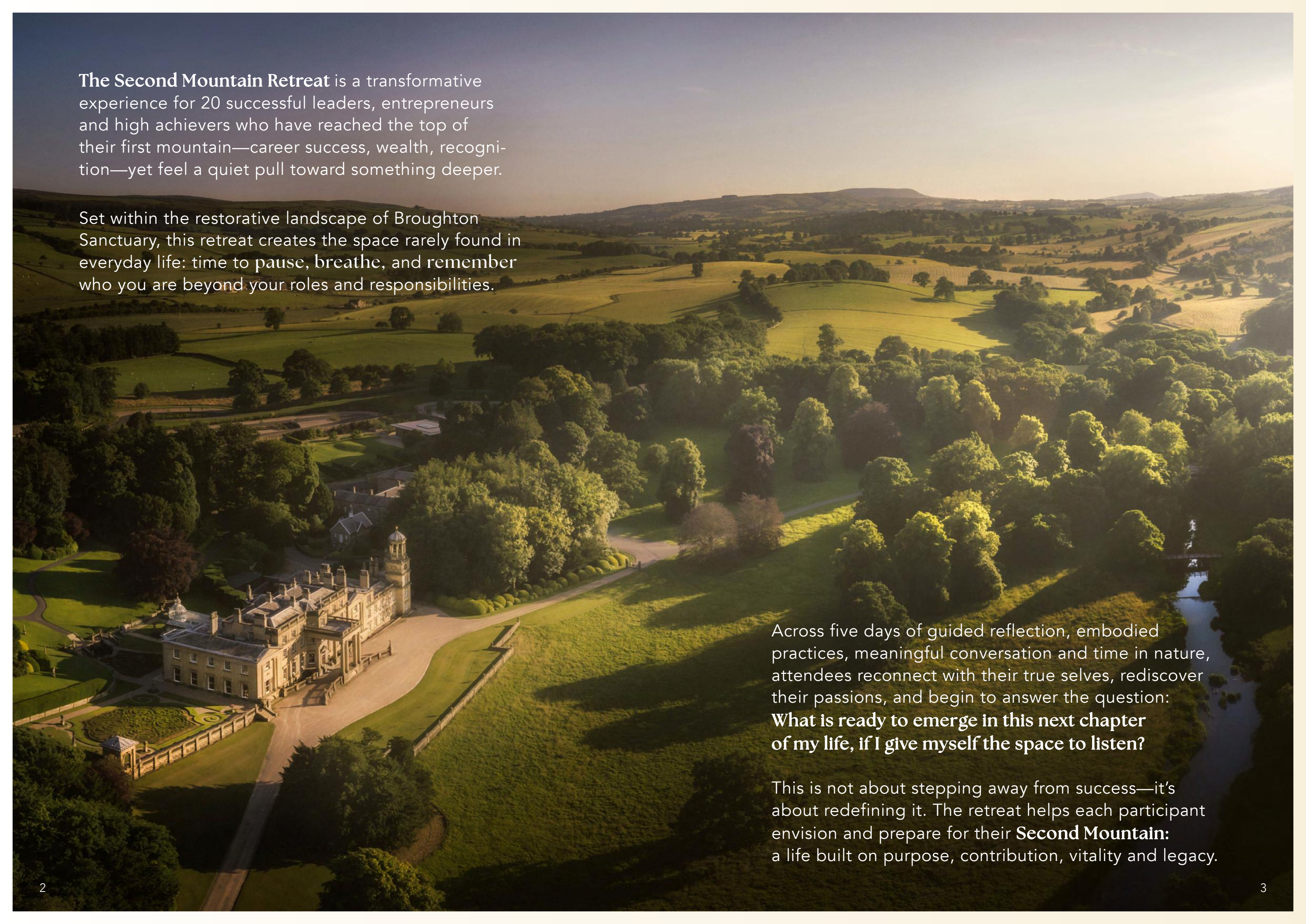


# The Second Mountain Retreat

13TH-17TH APRIL 2026

5 DAYS / 4 NIGHTS AT BROUGHTON SANCTUARY



An aerial photograph of a large, historic estate. In the foreground, a large, light-colored stone mansion with multiple chimneys and a central tower stands on a green lawn. A wide, light-colored path or driveway leads from the mansion towards the background. To the left of the mansion, there is a formal garden with a circular lawn and a small building. The estate is surrounded by lush green fields and dense forests. In the background, rolling hills and a river are visible under a clear sky.

**The Second Mountain Retreat** is a transformative experience for 20 successful leaders, entrepreneurs and high achievers who have reached the top of their first mountain—career success, wealth, recognition—yet feel a quiet pull toward something deeper.

Set within the restorative landscape of Broughton Sanctuary, this retreat creates the space rarely found in everyday life: time to **pause, breathe, and remember** who you are beyond your roles and responsibilities.

Across five days of guided reflection, embodied practices, meaningful conversation and time in nature, attendees reconnect with their true selves, rediscover their passions, and begin to answer the question: **What is ready to emerge in this next chapter of my life, if I give myself the space to listen?**

This is not about stepping away from success—it's about redefining it. The retreat helps each participant envision and prepare for their **Second Mountain**: a life built on purpose, contribution, vitality and legacy.



# What to Expect from the Retreat

Over five days together, we will embark on a deeply personal and collective journey—one that honours where you have come from and helps you see clearly where you are being called to next. Guided by experienced facilitators, immersed in nature, and supported by a group of successful yet like-hearted peers, this retreat is designed to be both grounding and elevating.

This is not a conference.

It is not training.

It is a reset, a reawakening, and a recommitment to a life of meaning, contribution, and joy.

✓ **Pause and breathe again** – away from noise, pressure, and expectations.

✓ **Be guided, not taught** – through reflection, conversation, embodied practices, creative exercises, and time in nature.

✓ **Think beyond what you already know** – leaning into group wisdom to uncover possibilities, insights, and futures you couldn't have accessed alone.

✓ **Leave not just inspired—but equipped** – with clarity, tools, habits, commitments, and a personal blueprint for your Second Mountain.

✓ **Experience a space that is both nourishing and catalytic** – calm yet energising, reflective yet practical, personal yet powerfully collective.

✓ **Activate every part of yourself** – intellect, intuition, emotion, body, and spirit not just the high-performing mind.





# What Attendees Will Get By the End of the Retreat



## Reconnection with Self

A powerful reconnection to passions, values, identity, and parts of themselves often lost in the pursuit of success.

## Clarity and Purpose

A renewed sense of direction, a clear vision of their "Second Mountain," and a deep understanding of the impact they now want to create.

## Personal Blueprint for the Future

A defined and practical action plan—habits, rituals, support structures, and first steps—to begin the ascent of their next mountain with confidence and energy.



## Tools for Sustainable Success

Daily practices for resilience, wellbeing, self-renewal, and legacy-driven leadership that can be sustained after the retreat.



## Emotional and Physical Renewal

Restored energy, inner calm, and mental clarity through mindful practices such as Qi Gong, meditation, nature immersion, and deep reflection.



## Connection and Community

Meaningful relationships with other leaders who are also asking, "What's next?"—a tribe of peers committed to purpose, contribution, and growth.

# What Will Be Covered?

Over 5 days, the retreat guides attendees through four core stages:

## Look How Far You Have Come

- Reflecting on the first mountain: achievements, sacrifices, highs and lows
- Capturing wisdom, lessons, and releasing what no longer serves

## Finding the Second Mountain

- Visioning purpose, contribution and legacy
- Defining what the next mountain looks and feels like in life, work, relationships and impact

## Where Are You Now?

- Reconnecting with identity, values, passions and inner truth
- Restoring energy through movement, mindfulness and nature

## Plan for the Journey Ahead

- Creating a personal blueprint with clear commitments and first steps
- Closing with clarity, courage and renewed excitement for the future



# Who Should Attend?

This retreat is for those who have achieved success by traditional measures yet feel there is something more. Ideal for:

- Entrepreneurs, founders, and business owners who have built and exited or scaled organisations
- CEOs, senior leaders and executives at the peak of their career but yearning for deeper meaning
- High achievers experiencing exhaustion, disconnection or the quiet question: "Is this all there is?"
- Individuals who want to move from success to significance—towards impact, legacy and a life that feels deeply aligned.

# What's Included

- 5 days, 4 nights luxury accommodation at Broughton Sanctuary
- All meals, refreshments, and wellbeing activities
- Guided workshops, group sessions, and individual reflection time
- Outdoor activities in nature to reconnect and recharge
- Use of Avalon wellbeing centre including sauna, pool, hot tub and steam room.
- A post-retreat integration support

**Cost: £2250 + VAT**



# Broughton Sanctuary

## A PLACE MADE FOR TRANSFORMATION

Broughton Sanctuary is set across 3,000 acres of breathtaking countryside on the edge of the Yorkshire Dales, offering an environment that naturally invites stillness, clarity and renewal. With its historic architecture, rolling landscapes, ancient woodland and expansive skies, it provides a rare space where leaders can step away from noise, pressure and routine and return to what is essential.

At the heart of the estate lies the Avalon Wellbeing Centre — a world-class, purpose-built space for restoration and deep inner work. Here, light-filled studios, a 20-metre pool overlooking the hills, hydrotherapy facilities, sauna, steam rooms, meditation spaces and nature immersion areas come together to support physical, emotional and spiritual wellbeing. Outdoor fire circles, wild water pools and forest paths offer further opportunities to reconnect with nature and self.

Food at Broughton is treated as an integral part of the experience. Meals are thoughtfully prepared to nourish rather than overwhelm

— seasonal, locally sourced and designed to restore energy, focus and balance.

For those attending the Second Mountain Retreat, Broughton Sanctuary is far more than a venue. It becomes a living part of the journey — a place that holds, softens and awakens; a landscape that encourages truth, courage and inspiration; and a setting where the next chapter of life can begin to take shape with clarity and quiet confidence.

### Travel

**Drive:** 4 hours drive from London.

**Train:** 3 hours train from London. Taxis to Broughton available from Manchester or Leeds train stations, or Uber from Skipton train station.

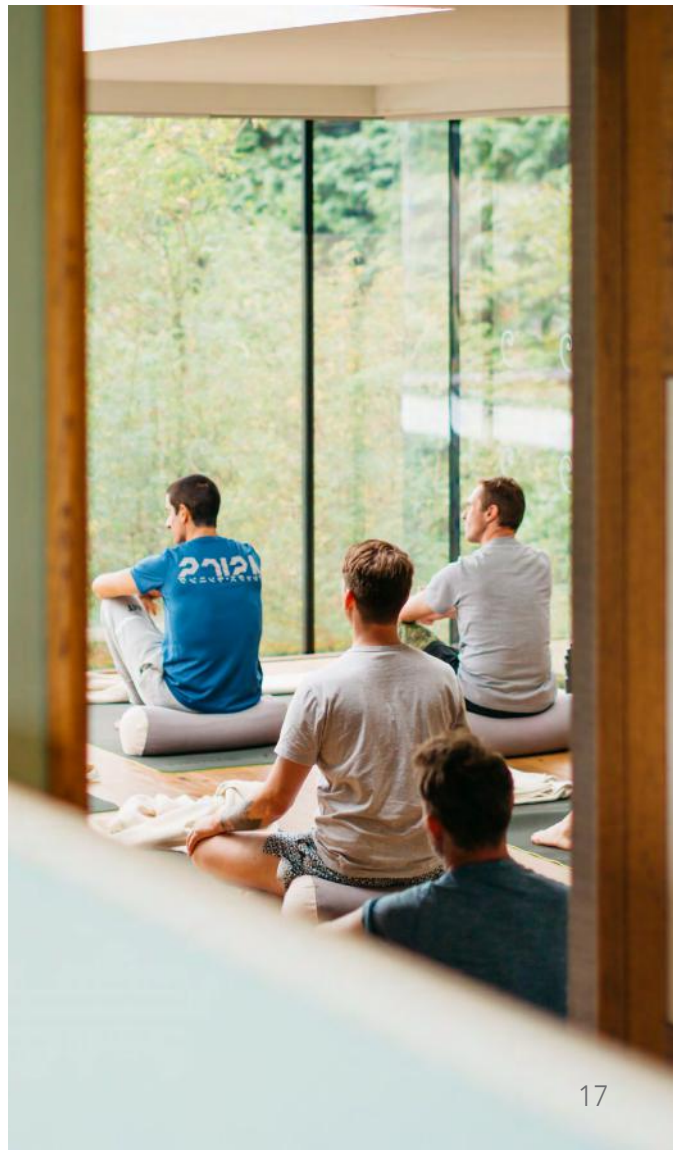
**Fly:** 1 hour drive from Manchester airport. 30-45 minutes drive from Leeds

airport. Taxis available at both airports, or ask us for details to prebook a car for your convenience.

Scan QR  
Code for  
directions









# Your Facilitators

Stuart Ross is a coach, strategist and author who has spent over 30 years helping leaders and entrepreneurs grow—not just their organisations, but their impact, purpose and sense of fulfilment. After a successful corporate career at Boots, where he led award-winning innovations and international expansion, Stuart realised that success is not simply about revenue or recognition, but about meaning, contribution and legacy.

In 2012, he founded High Growth, which has since supported over 2,500 businesses and thousands of leaders across the UK, US and Asia. He is also the author of several top-selling books on scaling businesses and leadership, widely used by CEOs and high-growth teams.



## Stuart Ross

Today, his work centres on purpose-led leadership and helping high achievers answer the deeper question: “What comes after success?” He divides his time between coaching, chairing boards, investing, writing and lecturing at leading business schools. Outside of work, he finds balance in nature, movement, travel and time with the people who matter most.

Tallulah Rendall is an internationally experienced facilitator, coach and creative whose work empowers leaders and teams to create cultures of clarity, collaboration and authentic connection. With over 20 years of experience, she blends systemic coaching, authentic relating, embodiment, Qi Gong and mindfulness to help individuals and organisations thrive from the inside out.

She has worked with global organisations such as Goldman Sachs, RWE, DHL and ZDHC, delivering leadership programmes, retreats and 1:1 coaching that foster resilience, emotional intelligence and systemic awareness.

Tallulah’s unique approach is shaped by her dual background as a wellness practitioner and internationally touring musician.



## Tallulah Rendall

Central to her philosophy is the Power of Presence—helping leaders build inner awareness so they can respond rather than react, communicate with compassion and lead with grounded purpose.

Her work enables people to feel seen, heard and inspired—unlocking potential in individuals, teams and the systems they serve.



# Testimonials from previous retreats



*Such an incredible opportunity and privilege to experience this retreat. Stuart is phenomenal. His expertise and guidance for business and the self enables you to fully immerse yourself to truly create transformational life changes.*

**- Gem Jones, Taylor Rose**



*Being with a like minded group of business leaders is always more rewarding than trying to self develop through books alone. When challenged to go to some uncomfortable areas for self development the (like minded) group is there with similar stories and advice of how / why / what they have done. I have done many business courses, workshops, and networking but found this to be the most valuable so far, as its focussed on the primary force required for success. I would sign up again tomorrow.*

**- Paul Deakin, Oasis Studio**



*This experience not only gave me huge insight into both my business and personal development needs and goals. I've come away from the retreat with both a plan and an amazing group of people all committed to supporting each other on the rest of this journey.*

**- Claire Donkin, Westgrowers**



*Stuart is the most inspiring human, his is effortless in his delivery, very organised and meticulous. I found the reconnect to success the most valuable time I've spent on myself in years and would highly recommend it to anyone who needs a reset or some valuable time to spend on themselves and their future goals.*

**- Hayley Roy, Symphony Furniture**



*Having three days away from all my responsibilities to just look after myself and come away having learnt new habits, challenged my beliefs, understood my values and seeing for the first my purpose in life - it's been magnificent and spookily magical. I'm still me but the best version of me I've ever been.*

**- George Buchanan, Hodsock Priory**





# The Second Mountain Retreat

We look forward to welcoming you to The Second Mountain Retreat from 13th to 17th April 2026.

To book and secure your spot visit:  
**[thesecondmountainretreat.co.uk](https://thesecondmountainretreat.co.uk)**

If you have questions, please call Stuart on  
**0772 0699941**

Broughton Hall  
Skipton  
Yorkshire  
BD23 3AE

[stuart@highgrowth.com](mailto:stuart@highgrowth.com)  
[www.highgrowth.com](http://www.highgrowth.com)