



becoming
alpha

AGENDA

The Alpha Retreat

Tuscany · 27 – 30 October 2026



TUESDAY 27 OCTOBER

ARRIVE

Arrival & Welcome

Tenuta di Artimino

Afternoon

Arrival & check-in

Settle in, change and explore the estate.

19:30

Welcome drink (included)

A glass of Tuscan wine as the sun sets over the hills — our first moment together.

20:30

Welcome dinner at the estate (included)

A long, relaxed dinner at the hotel estate: candlelight, seasonal Tuscan dishes, local wines and the first of many conversations that matter.

WEDNESDAY 28 OCTOBER

BECOME

Training, Trails & Olive Oil

Tenuta di Artimino

08:00 – 10:00

Breakfast

At leisure.

10:00 – 11:30

Training · Christina Aristidou

Inner alignment — discovering your Alpha self from the inside: who you are, what you value and the woman you're choosing to become.

12:00 – 13:00

Trekking

A guided walk through the estate grounds.

13:30 – 15:30

Lunch at the estate

A long Tuscan lunch, in.

17:30 – 18:30

Olive oil & wine tasting

An authentic Tuscan experience — the estate's freshly pressed olive oils, paired with local Italian wines.

20:30 – 22:30

Dinner out (included)

An evening at a traditional Tuscan restaurant — regional dishes, local wines and real Italian warmth.

28

OCTOBER

THURSDAY 29 OCTOBER

EMPOWER

Training & Florence

Tenuta di Artimino → Hotel Diplomat Florence

08:00 – 10:00

Breakfast

At leisure.

10:30 – 12:00

Training · Irene Demetriou

Building your personal brand — the power of communication, presence and networking.

12:30

Check out

Luggage ready in reception.

13:00 – 13:45

Departure & transit

Private transfer to Florence.

14:00

Check in · Hotel Diplomat Florence

Settle in and refresh.

From 14:30

Florence at leisure

Lunch, strolling, sightseeing and shopping.

20:00 – 22:30

Farewell dinner in Florence (included)

Our final evening together.

29
OCTOBER



FRIDAY 30 OCTOBER

EMBODY

Departure

Hotel Diplomat Florence

08:00 – 09:00

Breakfast

Our last morning together.

09:30

Check out

Luggage ready in reception.

10:00

Departure

Transfer and the journey home.

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Four days in Tuscany, together.

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