**Request for Support to Attend Aro Ha Leadership & Wellbeing Retreat**

Dear [insert your Manager’s name],

I’d like to request your support to attend an upcoming wellbeing and leadership retreat that I believe will significantly contribute to both my professional performance and personal resilience.

The Aro Ha Leadership & Health Retreat, held in New Zealand’s Southern Alps from 3–9 May 2026, is internationally recognised for its evidence-based approach to restoring physical health, mental clarity, and sustainable energy. The program combines nutrition, movement, mindfulness, and restorative practices in a structured setting designed to enhance productivity, leadership, focus, and communication back in the workplace.

This retreat will provide an unparalleled opportunity to:

• Recharge and return with improved productivity and creativity.

• Gain practical, sustainable strategies to support mental clarity and resilience under pressure.

• Strengthen energy levels, leadership presence, and communication skills to improve collaboration and performance.

• Build a long-term foundation for both personal wellbeing and professional effectiveness.

Investing in my attendance will not only benefit my health and performance, but also allow me to bring back valuable strategies that can enhance our team’s energy, focus, leadership capacity, and workplace wellbeing initiatives.

I view this as a worthwhile investment in my professional development and in sustaining the clarity and resilience needed to thrive in today’s demanding work environment.

Thank you for considering my request. I would be happy to discuss how this retreat aligns with our organisation’s priorities for productivity, leadership, and employee wellbeing.

Best regards,

[SIGNATURE]