



LIFE RESET PROFESSIONAL

An intensive, international therapeutic recovery and wellbeing programme in Andalusia, designed for employees, managers, senior leaders and business owners operating under sustained professional pressure.



Esperanza Andalusia

 www.life-reset.pl





Why Andalusia?

Location is an integral part of the programme. Life Reset is based in Torrox on the Costa del Sol – a region known for its mild Mediterranean climate, more than 300 days of sunshine a year and exceptional natural surroundings.

Distance from everyday professional pressures creates space to slow down, regain perspective and focus on recovery. The combination of sea, mountains, movement and restorative routines supports both mental and physical regeneration



Who is the program for?



- Employees experiencing prolonged workplace stress or early signs of burnout
- Managers and senior leaders operating under sustained pressure
- Key employees whose wellbeing directly affects team performance
- Project and sales teams working through demanding periods
- Organisations undergoing change or transformation
- Founders, business owners and executive teams
- Employees preparing for a sustainable return to full professional capacity

Therapeutic program:

Group therapy

Facilitated sessions with people facing comparable professional and personal challenges. Group work helps participants gain perspective, reduce isolation and develop healthier ways of responding to stress.

Individual therapy

One-to-one therapeutic work tailored to the participant's situation, supporting emotional regulation, insight into overload, renewed motivation and a healthier work-life balance.

Art therapy

Creative work with emotions through art. It supports mental decompression, creativity, tension reduction and reconnection with personal needs.

Multilingual professional team
Therapists, specialists and instructors speak
English, Spanish and Polish.

Solution-Focused Brief Therapy (SFBT)

A resource- and solution-oriented approach focused on practical change. It supports agency, goal setting and step-by-step rebuilding of sustainable patterns at work and in everyday life.

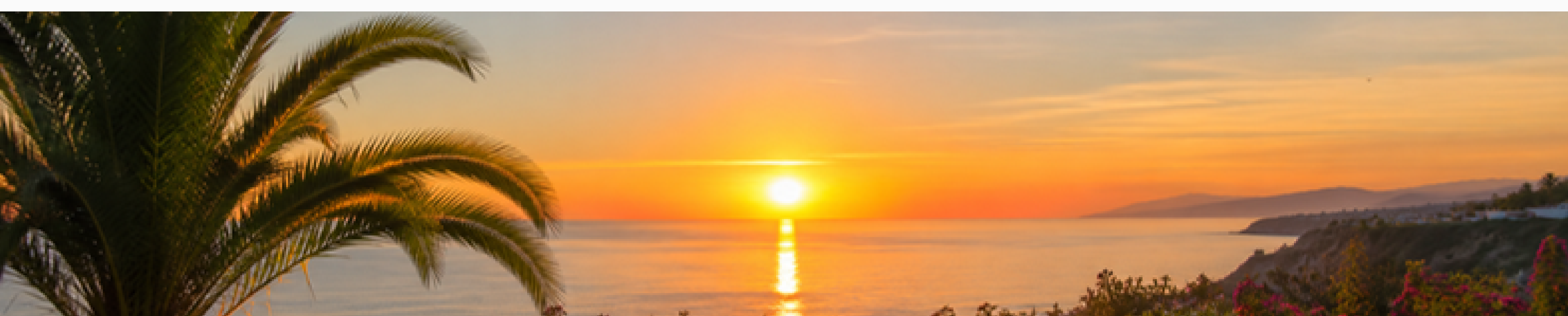
Gestalt therapy

Supports greater self-awareness, emotional regulation, healthy boundaries and more authentic relationships – professionally and personally.

Music therapy

Sound, rhythm and music are used to reduce tension, support nervous-system recovery and improve focus and inner calm





The programme also includes

- mindfulness
- yoga
- meditation
- breathing techniques
- relaxation training
- body-based therapeutic work
- building psychological resilience
- setting new personal and professional goals
- an individual post-programme wellbeing and self-care plan



Restoring energy and capacity



Recovery is not only psychological – it also involves the body. Participants take part in daily activities adapted to their fitness level, needs and current capacity.

Activities may include:

- golf
- horse riding
- kayaking and time by the water
- yoga
- swimming
- adapted physical activity
- beach walks
- trekking in the Andalusian mountain

Experiencing Andalusia

Restorative experiences beyond the therapy room

- visits to Andalusia's white villages
- unhurried trips to selected places in the region
- flamenco and local culture
- Mediterranean landscapes, heritage and cuisine
- time designed to restore curiosity, perspective and enjoyment



Life Reset Center

Our centre is an Andalusian residence in Torrox, set between the mountains and the Mediterranean Sea. Terraces overlook the surrounding landscape, while mango and fig trees and Mediterranean vegetation create a calm, private environment. The property includes a swimming pool and dedicated spaces for rest, reflection and therapeutic work. It is designed to support privacy, recovery and sustainable change.





What changes after the programme?

For the participant

- reduced chronic stress and professional tension
- greater emotional stability and psychological resilience
- renewed energy, motivation and sense of agency
- improved concentration and clarity of thinking
- healthier strategies for managing pressure
- clearer personal and professional priorities

Value for the organisation

- support for sustainable performance and return-to-work readiness
- stronger resilience in key employees and leaders
- better capacity to manage stress, change and demanding periods
- support for employee wellbeing and retention
- a practical post-programme plan designed to sustain progress

Programme options & investment

Available programmes:

7 days | EUR 2,000

An intensive week focused on mental and physical recovery.

14 days | EUR 3,500

A more comprehensive therapeutic programme combined with physical regeneration.

28 days | EUR 6,500

Our most comprehensive option, designed for deeper therapeutic work, rebuilding sustainable habits and preparing for life and work after the programme

What is included in the price?

- Accommodation at our therapeutic and personal development centre, located in a beautiful Andalusian villa between the mountains, overlooking the Mediterranean Sea, with a swimming pool and surrounded by mango and fig trees, in the charming town of Torrox in Andalusia.
- Airport pick-up and drop-off.
- Comfortable double, triple or four-person rooms.
- Full board based on healthy Mediterranean cuisine and fresh local produce.
- Group therapy.
- Individual therapeutic consultations.
- Solution-Focused Brief Therapy (SFBT).
- Gestalt therapy workshops.
- Mindfulness.
- Yoga.
- Breathing exercises.
- Meditation.
- Golf.
- Horse riding.
- Water-based activities.
- Use of the swimming pool.
- Walks and trekking.
- Excursions and visits to some of Andalusia's most beautiful places.





Rediscover yourself. Breathe. Live. Be.

Professional therapeutic support.

The purest air and the unique microclimate of Andalusia.
A comprehensive programme supporting both body and mind.

Contact us:

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