

SUMMIT FOR WOMEN
WHO

LEAD WITH THE
HEART



A SPACE TO SHARE,
REFLECT AND ENGAGE IN DEPTH
TOGETHER.

A WINTER GATHERING

14 – 18 OCTOBER 2026

BRITANNY, FRANCE



Who this is for

Women navigating
growth, transition,
reinvention,
starting or closing
a chapter.



The Winter summit is part of a wider cycle of seasonal gatherings at HJEM.

Each season invites us into a different conversation with ourselves, our work and one another.

This season's theme: Expression

How do we remain connected to our voice, our values and one another while navigating complexity, change and pressure?

Held at HJEM, Brittany, France - by the sea

www.lysbyheart.com

WHAT THIS IS ABOUT

A place where different ways of seeing, leading and living meet.

The winter summit brings together women from diverse paths, business, creativity and holistic fields for a few days of reflection, dialogue and shared experience by the sea.

We gather not to arrive with answers but to explore meaningful questions together, and to grow.

The intention is simple:

To contribute from our own experience and receive from the collective wisdom of the group.

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HOW WE MEET

Everyone brings their own experience. This is a setting for openness and curiosity.



We meet in a circle to listen, to speak and to be heard.

We share meals, conversations and everyday moments together.

Each participant is to contribute with something of their own: a knowledge, a perspective a practice or an experience.

This is co-creation.

The days move between dialogue, workshops, shared practices, small group exchange, time in nature and space to rest.

Confidential. Respectful. Human

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LIVING TOGETHER

We live together for these days

The program offers invitations rather than obligations.

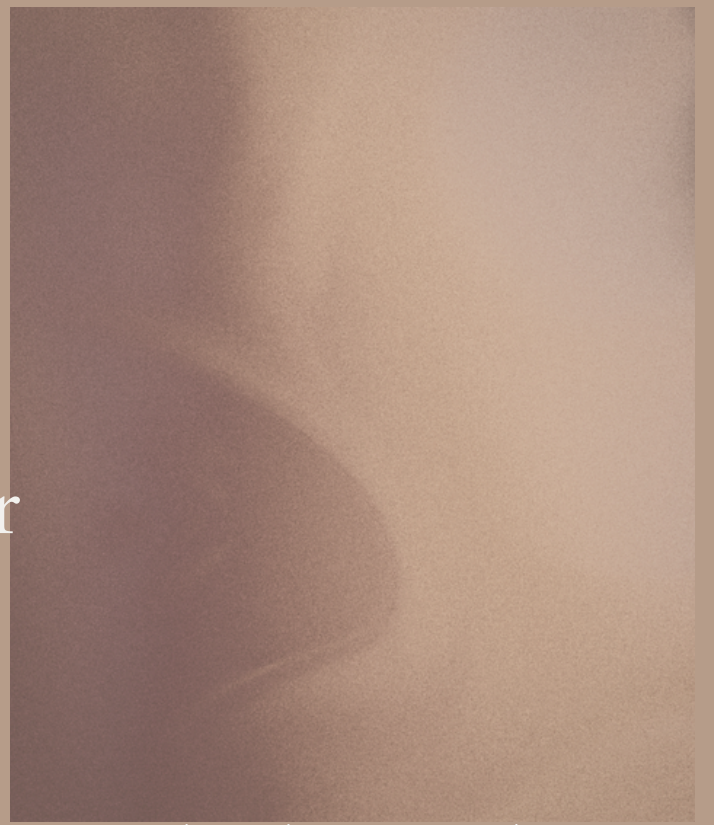
You are encouraged to follow your own rhythm and choose the experiences that support you.

What we do ask is your presence in the moments we create together:

- meals, mornings and evenings
- community conversations
- and any session you have chosen to contribute to.

We care for the home and one another through simple acts of participation, respect and generosity.

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WHAT THIS LOOKS LIKE

All sessions and moments throughout the day are held by one of the participants or invited guests. The summit is peer led, with shared responsibility, rotating voices, and no fixed hierarchy.

07:30 We begin the day in the body.; Sea Swim & morning awakening

09:00 – Shared Breakfast
Prepared and enjoyed together.

10:00 Opening the day
A shared landing and themes for the day are placed in the space.

10:30 – Morning session – min 2 sharings

12:00 – Breakout conversations.

13:30 – Snack & rest

If you wish a seated lunch the restaurant is open next door.
Time for walks, silence, rest, or informal connection.

15:00 – Afternoon session & dialogue

17:00 – Integration Time

Writing, reflection, or one-to-one conversations. Space to let the day settle.

18:00 – Movement or optional activity

19:00 – Cooking together guided by our HJEM chef, Marine.

20:00 – Dinner & evening exchange

22:00 – We say goodnight

A day could look like above (note that the final program is curated once bookings are closed) and your intended offerings are shared.

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PRACTICAL INFORMATION

- **Arrival:** Thursday, October 14th arrive at your own pace
 - Opening: We start October 15 in the morning.
- **Departure:** Sunday, 18th after Brunch 1PM latest.

- **Accommodation**

HJEM offers 10 guest rooms.

Shared accommodation is encouraged as part of the spirit of the gathering

Private room supplement available.

Investment:

- Shared room 450EUR.
- Private room: 600EUR

Includes:

- 3 nights and 4 days.
- Brunch and dinner.
- All summit activities including sauna
- Individual and collective photos taken by a photographer

Booking fee: 150EUR non refundable

Final payment due September 15th.

English will be the universal language.

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WHY JOIN US?

Because wisdom deepens when it is shared and spread across cultures.

Testimonials:

"My experience of the Spring Summit at HJEM was one of deep connection - not only to the incredible group of women who gathered, but also to myself and to the potent energy of the lands and sea.

It was a rare opportunity to spend meaningful time learning, reflecting and sharing alongside 12 women from 8 different nationalities, all brought together through a shared desire to lead and live more consciously.

I left with a full heart, feeling rested, inspired and having received far more than I ever expected.

I would wholeheartedly recommend this experience and have already booked my place for the next summit."

Samantha Goddard - England - Self Mastery & Leadership Mentor.

"This was the second time I made the 10-hour drive to HJEM, and as soon as I arrived, it felt like home again.

Co-creating with other facilitators was truly special—there was a deeper level of connection through flower bouquets making, cacao ceremony, heartfelt conversations, creative writing, yoga, art journaling, beach walks and much more. Especially cooking together brings a rare, powerful sense of togetherness. Much needed in today's fast past world."

Peggy Titmarsh - Germany - Renenerative Leadership coach.

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CONTACT AND LOGISTICS

Getting here:

HJEM is just 3 hours from Paris by train yet feels a world away.

It is a place to slow down and step out of the noise.
Fly into Paris, Rennes or Nantes.

We are happy to help arrange a taxi from the nearest train station to HJEM

(Approximate journey :20 minutes and approximate cost: 60EUR).

Booking deadline

Bookings and final payments close September 1st.

Mail: hello@hjem-portblanc.com

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Address:

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Heart to heart,

Karin Troldborg Daniere

Organiser and creator of HJEM

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