



OCTOBER 2018

MATTHEW HUSSEY RETREAT

With 16 acres of gorgeous, sun-drenched beachfront as its backdrop, the Matthew Hussey Retreat is packed with life-changing coaching and breakthrough-inspiring exercises. Here you will build real confidence, design the life of your dreams and finally have all of the tools you need to reach your full potential.

WWW.GETTHEGUY.CO.UK



Susi

Aug. 2016 Retreat

“

Before the retreat I was a heartbroken, recently separated single mom, struggling and unsure of myself. After the retreat I had a direction and the tools to get me there. I tackled my divorce like a pro. I achieved more balance in my work and home life. Here I am a year later in Aug. 2017... promoted to Vice President at my company with a huge bonus and raise; able to co-parent with my ex while surrounded by a circle of friends that add joy and value to my life every day.

”

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THE ESSENTIAL INFO (PAGE 2)

FIND OUT EVERYTHING YOU NEED TO KNOW NOW



WHAT TO WEAR

PARTIES & PACKING LISTS

From everyday wear to our spectacular evening events, we give you the scoop on what to pack! More than anything, we want you to be comfortable and to feel great! Check out pages 11 & 12



OUR BEST TIPS

GET THE INSIDE SCOOP!

Our previous retreat guests spill the beans on how you can get the very most out of this experience. Find them on page 13!



THE HOTEL INSIDER!

ALL THE LITTLE DETAILS...

Whether you're figuring out how to get there or want to see the restaurant menus, head to pages 3, 5 and 6 for the low down.



Christine

Aug. 2015 Retreat

“

My life has totally changed because of the retreat. It's amazing. I have met the most amazing man who takes me golfing, sailing, and out to dinner. He cooks for me. He does repairs on my home. I just met his mom this weekend! I couldn't be happier and I love you guys. You have changed my life

”

ESSENTIAL INFORMATION

➔ RETREAT DATES

Check-in: Oct. 7th
Program: Oct 8th - Oct. 12th
Bonus Love-life Training: Oct. 13th
(10 am to 3 pm)

➔ HOTEL DETAILS

Fort Lauderdale Marriott Harbor
Beach Resort & Spa
3030 Holiday Drive,
Fort Lauderdale, USA, 33316
Phone: +1.954.525.4000
Click here for the website!
Check in: 4 pm / Check out: 11 am

➔ ROOM PRICING

Sharing - \$99.50 per person
Single - \$199.00 per room

The advertised daily resort fee
listed on the website is optional
for our retreat guests. Room
rates subject to tax.

➔ ROOM BOOKINGS

When it comes to booking your
room, we handle all of the
details! We will email you when
it's time to confirm. If you have
any questions, just email
natasha@matthewhussey.com



A WORD FROM MATT

"Congratulations on your acceptance to the retreat! We are about to embark on a very special journey together. The best things aren't given to us. They are built by us. Life isn't about finding out who you are. It's about deciding who you want to be and then living that way."

A NOTE ABOUT VISAS

If you are traveling from outside the USA, it's important to check if you require a visa. Some take time to process and must be done in advance. If you're traveling from the UK, you must fill out an ESTA form online at least 72 hours before departure. More information can be found by clicking here.

* IMPORTANT DEADLINE *

As per the hotel's policy, you must give us your final travel dates and indicate whether or not you'd like to share a room by August 22nd. If this isn't done on time, we may not be able to guarantee you a room at the discounted rate or a roommate.

Helen

May 2017 Retreat

“

Go to the retreat. DO NOT hesitate!! I promise you that during the 5 magical days, you will "find yourself" again.

You will have renewed energy and focus. It will feel like a light has been turned on inside of you that has been dimmed for far too long and everyone around will see it and bask in your glow. Your children will always love you; however, they will love this renewed version of you even more. Please don't try to think of any more excuses not to go...you'll only regret it if you don't. Go! And have the BEST time ever!

”

ABOUT THE HOTEL

The Fort Lauderdale Marriott Harbor Beach Resort and Spa is located on 16 gorgeous acres of sun-drenched beachfront. With three restaurants, a glimmering lagoon pool and a breathtaking sea only steps away, this resort is the perfect backdrop for the Matthew Hussey Retreat experience. We can't wait to take you on a journey you'll never forget!



Fort Lauderdale Marriott Harbor Beach Resort & Spa



ELAINE

Oct. 2014 Retreat

“

I'm so completely in-love with my life and I'm so ridiculously excited about my future now. I struggle to look back as I have so much in front of me. I used to have a feeling of being physically withheld from doing or saying things my heart desired. (After the retreat) I now am compelled to be honest and practice authenticity.

”

HOTEL RESTAURANTS

➔ 3030 OCEAN ➔➔➔

Discover fresh, local seafood and a menu that changes daily at 3030 Ocean. Open for dinner. View its menu by clicking here.



➔ SEA LEVEL ➔➔➔

There's nothing quite like dining while overlooking the ocean on Sea Level Beach. Indoor and outdoor dining available. Open for lunch & dinner with a to-go menu. View its menu by clicking here.



➔ RIVA ➔➔➔

Riva is a family-friendly restaurant featuring a classic Sunday brunch as well as a daily breakfast buffet and lunch. Dinner hours are seasonal. Open breakfast and lunch. See its menu by clicking here.



➔ 3030 RAW ➔➔➔

Stop by the "Raw Bar" for items such as oysters, clams, shrimp, mussels, crab and lobster. Enjoy an authentic taste of local seafood. Open for dinner.



RESTAURANTS NEARBY

There are many great restaurants within five miles of the hotel. They include The Cheesecake Factory, Bubba Gump, Morton Steakhouse, Timpano Chophouse and Casa D'Angelo Ristorante.

Amber

Dec. 2015 Retreat

“

Omg! Please tell Matt to put
a warning label on that
retreat of his...

"Caution: May cause
prolonged periods of
extreme hotness
magnetizing men while
magnifying one's inner
awesomeness!"

”

MORE ABOUT THE HOTEL

→ GROCERY SHOPPING

There is a Publix grocery store 2.2 miles away. The hotel offers a very cheap trolley so do enquire at the front desk.

It is possible to request a fridge for your room for \$25 per stay. This is on a first-come, first-serve basis so please check upon arrival.

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→ INTERNET

Wireless High Speed: \$12.95 daily
Enhanced High Speed: \$16.95 daily
or included if you opt to pay the daily resort fee when you check in.

If you are a Marriott Rewards member, internet will be free. Signing up at the front desk when you check in is free and easy ;)

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→ FITNESS

24 hour access to the fitness area is included in your room rate. The fitness centre offers a wide-variety of options.

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→ PARKING

On-site parking is \$29 per day and is not taxed. Valet parking is \$37.10 daily & includes 6% tax.

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TRANSPORTATION

The best airports to fly into are the Fort Lauderdale-Hollywood or Miami International Airports (FLL & MIA)

The hotel is located:

5 miles NE of the Fort Lauderdale Airport
31.9 miles NE of Miami International Airport
50 miles S of Palm Beach International Airport.

Travel times are dependent on traffic.

We suggest two options for getting to the hotel. The first is to book directly through SuperShuttle on their website www.supershuttle.com where you can pay upfront and choose your times. The second is by taxi or Uber. There is no hotel shuttle available.

** Please note that due to privacy regulations, we cannot arrange for group shuttle transfers. We do not provide contact information for retreat guests prior to the event. You can, of course, organize a group fare back to the airport once you've all met **

Cornelia

Dec. 2016 Retreat

“

As I sit here in the same chair and at the same computer I realize I am not the same person I was just a few short weeks back. Not to use some cliché that 'I found myself' or 'I'm a whole new person'. I know who I am and who I strive to become and that I am somewhere in between.

But rather I am not the person who was buried under worry, fear and sadness. Swimming in a sea of my own overwhelm. My heart is overflowing with gratitude.

”



WHEN YOU ARRIVE

On arrival, simply check in with the front desk at the hotel. Everyone will be expecting you!

Our retreat registration desk will be open on Oct. 7th from 1pm until 6pm. After you've checked in with the hotel just ask them where we're located and please register with us.
We are excited to meet you!

Here we'll give you your welcome pack with full details of the program and you'll start meeting some of the fabulous ladies joining you for this incredible experience.

If you arrive at the hotel after 6pm, simply come to the welcome drinks reception and check in with us there. No worries!

If you are checking in at the hotel a day or two before the program starts, please remember that you'll still need to come and register at the retreat desk on Oct. 7th

(Side note: You will pay the hotel directly for your accommodation)



Ann

Dec. 2016 Retreat

“

Just want to express how grateful I am to have participated in the last retreat.

There is a heaviness and sorrow that has left my chest. I have no idea how you guys did it, but I haven't felt this good in decades (long hard marriage and difficult divorce).

I cannot explain it, but I feel young and happy again. And I'm better able to navigate my life activities and help all those around me--not to mention my dating life is even blossoming now that I have more competence!

Thank you. A young man less than half my age was able to accomplish all this in a week.

What a gift!

”



WHAT TO WEAR

The temperature in Fort Lauderdale in Oct. usually sits around a lovely 76F° (24C°) during the day. Of course, the refreshing breeze from the ocean cools things down a few degrees in the evenings.

There is no formal dress code for the retreat. Come as you are! We have women of all shapes and sizes attending, so feel free to be yourself! We usually tell ladies to dress as they would if they were going away for a weekend with their best girlfriends. You'd want to look cute, but feel comfortable.

Here's our must-have packing list:

- sportswear for the movement sessions
- running shoes (don't forget socks!)
- a swimsuit (if you plan on swimming)
- a warm top for the air-conditioned seminar room
- sandals and sunglasses
- a hat if you plan on being outside
- shorts, shirts, dresses & Pjs
- while we do provide stationary, feel free to bring extra writing material if you feel the need.

As for special events, Natasha will send you more information about party themes closer to the retreat.



EMILY

Dec. 2015 Retreat

“

Matt left nothing to chance. All bases were covered . All questions were answered. Matt and his wonderful team were all so congruent with their vision and their values. They over-delivered. It was more than I ever expected.

”

THE SCHEDULE

7 - 8 am: Morning Movement with the entire group (on the beach!) Here you'll develop a new respect and connection with your body.

8-8:30 am: Gratitude session

8:30-10 am: Time for showers and breakfast!

10 am- 1 pm: First session

1 pm- 3 pm: Afternoon break for lunch & optional activities which will be announced each day

3 pm - 6 pm: Second session

** Please note that session end times may vary, but you will always have a two hour break for lunch**

SEATING

You will be assigned a group section for seating that will rotate each day, but you'll be able to choose your individual seat. If you have any special requirements, just let the team know when you arrive.



ABOUT THE RETREAT

The core program of the retreat starts at 7am on Oct. 8th and it finishes after 6pm on Oct. 12th

However, there are a few important things to note:

We invite you to join us for a "Meet and Greet" welcome reception on Oct. 7th at 7 pm.

We'd love to share tropical cocktails and appetizers with you on Oct. 10th from 7-9 pm (times & theme subject to change)

We will throw a themed celebration dinner that goes on until late on Oct. 12th (times & theme to be announced)

We have added an optional bonus Love Life coaching day on Oct. 13th which runs from 10 am to 3 pm.

* IMPORTANT NOTE*

Ladies will be checking in on Oct. 7th and checking out on Oct. 13th. We can only guarantee a roommate and a discounted rate for these days.

Alexandria

Aug 2016 Retreat

“

Now I have the tools to work through everything that is thrown at me. The retreat lit something in me again, some I forgot, some I thought I lost.... I can't thank you guys enough!

Since I've been home there have been a ton of ideas rolling around in my head. It's crazy how one week can change everything! My mindset has been completely reset.

”

A FEW TIPS FROM PREVIOUS GUESTS...

The advice I would like to give those about to attend the retreat is try to meet and connect with as many of the other women as possible, even if only briefly. These amazing women, spread across the globe, will continue to inspire you and transform your life long after the 5 days are over - Tara (Dec. 2015)

You are so lucky to have been chosen for this adventure! It was hard and painful at times, but I am so much better now and continue to grow from this experience. Plus, I HAD A BLAST!
- Ashley (Dec. 2015)

Please know that you're safe to be vulnerable.
Your trials and tribulations are private -
- Lynn (August 2015)

If you're not sure about sharing your room - do it! You might just end up with a friend for life.
Kal (August 2015)

Trust the process because it has worked over and over again for countless women. Fully immerse yourself, be open in the first place to everything Matt and the team do, allow yourself to be vulnerable and "strip naked" emotionally (What happens at the Retreat, stays at the Retreat, unless YOU want others to know!). You will never be judged for being you. Be prepared for lots and lots of fun and music and dancing, and also for a lot of soul-searching. - Anita (August 2015)

Come with an open heart and open hands so you can experience true connection with yourself and others. - Deanna (Dec. 2015)

1. Wear a good bra --you'll be doing A LOT of dancing!! ;)
2. Bring comfortable shoes --did I mention there would be dancing? - Holly (August 2015)

This is one of the safest places with the most supportive and friendly women. DO NOT be afraid to walk up to someone you don't know and talk to them. Everyone is nervous, everyone is thinking and feeling the same thing you are. Be open and honest with yourself for the week. Be vulnerable. I promise this will be one of the best weeks of your life. It can literally be life changing if you allow it to be - Elizabeth (August 2015)

You won't have very much time to prepare for the social events. You won't have time to do the big complicated hair that would look perfect with your dress. I know you want to look perfect, but do yourself a favour and embrace that you won't have time for that before these events. Don't let perfect be the enemy of good enough.
We don't love you for your hair anyway!
- Ashley (Dec. 2015)

It was helpful for me to have my business cards handy so that whenever someone asked me for my contact information my e-mail address & phone number were already there.
- Emily (August 2015)

Think of the retreat as a vacation for yourself, where nobody knows you, nobody will pass judgement on you and to view it as an opportunity to do things you normally wouldn't do, but wished you'd do. This is a very safe environment. - Beatrice (Dec 2015)

LUCY

Dec. 2015 Retreat

“

I am bursting with radiant joy as I think about how this retreat has impacted my life! I have been left with an incredible set of tools that I am now able to implement. It's the most amazing thing when you go back to your friends and family and they notice a difference in you. This was the best gift I've given to myself.

”

MH Retreat Programme Booking Agreement

Definitions

The following definitions have the same meaning whether they are singular or plural.

'Commencement Date' means the date of the Agreement

'Agreement' Your offer to purchase the Retreat Programme which comes into force as soon as Provider sends written confirmation of Your booking to You by email

'You/Your' means you, a client reserving a place on the MH Retreat Programme offered by Provider booking either via the Provider's website or at an authorised live events, or a telephone booking made with one of Provider's authorised consultants.

'GTG' means GTGUK Services Ltd, a company incorporated in the United Kingdom whose registered office is Acorn House, Church Road, Somerset, TA9 4HZ which acts as solely as a collecting agent for the Retreat Programme on behalf of the Provider.

'Terms and Conditions' means the terms and conditions set out below which form part of the agreement.

'Provider' GTG International Limited the provider of the Retreat Programme events.

'Retreat Programme' the MH Retreat chosen by You being a six day interactive coaching event produced by the Retreat coaching team led by Matthew Hussey in personal attendance at the event.

'Rules and Restrictions' the terms and conditions applicable to the Suppliers with whom You have a separate agreement.

'Service' a service introduced to you supplied by a third party Supplier such as the hotel operator providing accommodation

'Supplier' means a supplier of Services such as a hotel operator or other Service supplier.

1 Booking your Retreat Place

Confirmation

Confirmation of Your booking of a place on the Retreat Programme with the location, date and cost, will be sent to You by email and on receipt of this email You are assured of Your place on the Retreat Programme specified.

The agreement between You and Provider comes into force as soon as Provider sends written confirmation of Your booking to You by email. These Terms and Conditions apply to the agreement for provision of the Retreat Programme and the provision of Services where Provider acts solely as the interface between You and Suppliers offering the Services e.g. hotel operators.

2 Hotel Accommodation Services

Hotel accommodation is offered separately by the hotel Supplier and the Services are subject to any Rules and Restrictions made by the Supplier. These may include restrictions on changes and/or charges for cancellation.

All payments for accommodation must be settled directly by you with the hotel Supplier usually at the end of your stay. Occasionally hotel Suppliers may require attendee's bank card or credit card details when we finalise room allocations. Prices provided on behalf of Suppliers refer to accommodation contracted by Provider on your behalf but do not include any food, taxes, fees, resort fees, charges for optional elements, minibar snacks or telephone calls.

It is possible that, from time to time particular activities offered by hotel Suppliers are cancelled for various reasons.

Rooms

Accommodation is in standard rooms which are generally available from 2pm on arrival and should be vacated by 11pm on departure.

Hotel Classification

You should always keep in mind Your purpose in attending the Retreat Programme. The standard of hotel is not relevant to the

Retreat Programme, or the process you will go through during the five days, nor the Retreat content, and certainly not the results which you will obtain for yourself after attending.

We make every attempt to obtain high standards of accommodation and service for you in our choice of hotel Supplier. The indication of any comfort level in descriptions used in any content either online or provided directly to You corresponds to a classification based on local standards from information provided to us by the Supplier and is provided only as an indication. Standards can vary. Please refer to the hotel and travel feedback websites if you have any concerns or require more information.

3 Travelling to the Retreat

You are responsible for making Your own travel arrangements to the Retreat Programme and for the cost of travel and are advised to make your travel reservations at the earliest opportunity.

Travel Documents

It is Your responsibility to make sure You are aware and comply with any stipulations concerning passport, visa, currency and health regulations relevant to the Retreat Programme location. Immigration requirements may require Your passport is valid for a minimum period after entering the country, typically 6 months. If Your passport is in the final year of validity You should confirm any necessary requirements before booking Your travel arrangements.

For information on visa requirements You are advised to contact the embassy of the country in which Your Retreat Programme is being held. It can often take some time to obtain a visa so You are advised to apply in plenty of time.

All travelers wishing to enter the USA under the Visa Waiver Program (VWP) do not require a visa but must apply for authorisation to travel using the Electronic System for Travel Authorisation (ESTA). It is recommended You make Your application now to ensure that there are no issues arising. You can make the application online at <https://esta.cdp.dhs.gov>.

You should also make sure that You are aware of any changes to visa requirements before You travel. You are solely responsible for complying with all such requirements that may be needed.

Travel Safety

You should review any health advice and requirements, travel prohibitions, warnings, announcements and all advisories issued prior to travelling.

Travel Insurance

You are advised to take out travel insurance that covers the any illness or other risks of Your cancellation and ensure that such a policy provides cover for all risks such as the cost of Your transport home in the event of an accident or illness as you would be advised have in place whenever travelling.

4 Financial conditions and payment procedures

Unless specified otherwise the cost of the Retreat Programme is always expressed in either Dollars or British Pounds.

Deposit Payment

You are required to pay a deposit of either \$800 or £500 within 7 days of this agreement if not already paid. A lower initial amount may be accepted by our authorised consultant however the full deposit amount remains due and is payable within 30 days of the date of this agreement. This is a non-refundable deposit and is applied in reduction of your Retreat Fee.

Balance Payment

If after payment of Your deposit there remains due a balance of Your Retreat Fee this balance is payable in full at least 28 days prior to the date of Your Retreat Programme. Our authorised consultant may agree to accept payment of this balance from You in installments and in these circumstances any remaining balance due must be paid 28 days prior to Your chosen Retreat Programme.

Payment for Services (e.g. Accommodation)

Any indication of Supplier costs supplied by Provider will generally be expressed in the currency of the location where the Services are provided. Where cost indications are expressed in GBP and this is not the currency of the location You should note that these costs are estimated based on current exchange rates and allowance must be made for fluctuations in exchange rates which affect the cost of the Services at the time of the Programme.

Provider is not a co-vendor and has no association with any Supplier of Your accommodation and the price of accommodation Services booked by Provider on Your behalf must be paid directly to the hotel Suppliers usually at the end of your stay.

Local taxes and Payments

Local authorities in certain countries impose additional taxes (e.g. sales, occupancy, tourist taxes, etc) on the cost of hotel Services provided by Suppliers for which You are exclusively responsible.

5 Requests for Changes and Cancellation

Any request to change or cancel Your chosen Retreat Programme must be submitted by email to retreat@gettheguy.co.uk. These will be dealt with by Provider on behalf of any Suppliers.

Change of Booking Requests

To change from Your selected Retreat Programme to any other Retreat Programme of different date or location You must notify Provider by email to retreat@gettheguy.co.uk. We will change date or location free of charge providing Your request is received more than 35 days before the commencement of the Retreat Programme on which you are booked. You will be given the opportunity to change your Retreat Programme booking one time.

Provider's contract with Suppliers for hotel accommodation provides that no changes can be made within 35 days of the event programme and that charges/penalties will apply beyond the cost of the accommodation not being used for any such late cancellations. Where changes are requested less than 35 days before commencement therefore You will need to pay any such charges prior to Provider reserving You a place on a Retreat Programme of different date to Your original booking.

Effects of Cancellation

In the event of cancellation deposits are not refundable. The Provider is subject to the Rules and Restrictions of Suppliers who may impose irrecoverable costs in the event of cancellation by You within less than 35 days before the Retreat Programme. Additionally Provider may be required to pay compensation to cover the costs of accommodation already confirmed. In the event of You cancelling Your booking in these circumstances there will be no refund of any Retreat Fee payment or part payments made and You may be required to cover any costs charged to Provider by any Suppliers. Should You fail to attend your rescheduled Retreat Programme after changing your booking from your original date and location, no additional event booking changes will be given and You will forfeit Your deposit.

No replacement attendees

Each retreat place is issued to the individual named in the booking confirmation documentation and is exclusively for the use of that person. Attendance is through interview and invitation only and therefore this reservation cannot be transferred or resold.

Other Changes

Changes are permitted after the agreement has been concluded where these changes are not brought about by Provider in bad faith and insofar as the changes or differences are not significant and do not affect the overall character of the Retreat Programme.

Force Majeure

If an unforeseen force majeure event which could not have been avoided if all due care had been exercised prevents the delivery of the Retreat Programme to a major extent or endangers it or interferes with it, then either party can terminate the agreement.

6 Provider's Liability

Provider is responsible for:

- delivery to You of the Retreat Programme content
- careful selection and monitoring of Suppliers
- implementation by Provider of its part in complying with the terms of Supplier contracts

Provider is not responsible for;

- accuracy of description of services provided by Suppliers before concluding the agreement
- the content of information published by Provider sourced from Suppliers or others including information published in local, hotel or other brochures, and on hotel and other travel related websites
- Services provided by Suppliers

Limitation of Liability

Contractual limitation of Provider's liability for loss, not being loss caused by fraud or fraudulent misrepresentation or any other loss that may not be excluded by law is limited to the cost of the Retreat Programme insofar as the loss is caused by Provider's fault or that of persons for whom Provider is responsible.

Photographs and illustrations

Provider occasionally provides photographs and illustrations giving a depiction of the Services offered. The purpose of these is only to provide You with a visual indication of the nature of any location, the level of accommodation and degree of comfort, and not to be considered as making any representation exceeding this.

Mistakes

Despite Provider's best efforts Supplier Services may be incorrectly priced and Provider is under no obligation to provide Supplier Services at an incorrect price even after confirmation of booking.

7 General Provisions

If Provider does not invoke one of the provisions of the General Terms and Conditions at any time this must not be interpreted as a cessation of the right to invoke it at a later date.

If any provision of these Terms and Conditions (or part of any provision) is found by any court or other authority of competent jurisdiction to be invalid, illegal or unenforceable, that provision or part provision shall, to the extent required, be deemed not to form part of this agreement with You and the validity and enforceability of the other provisions shall not be affected.

For every instance of force majeure, including but not limited to a strike by hoteliers, which leads to the suspension of any obligations in these Terms and Conditions that are affected by the force majeure event then the party affected by the force majeure event shall not be liable as a result of this inability to meet those obligations.

8 Applicable Law

These General Terms and Conditions are governed by the laws of the United Kingdom and You agree that the UK Courts shall have jurisdiction to hear and determine any dispute arising from the interpretation of this agreement and any matters arising from it.

These Terms and Conditions came into force on 27 January 2015.