

— FOUNDERS EDITION

You built the vision. *Now rebuild yourself.*

*A clinically supervised psilocybin-
assisted retreat for founders who
have everything — except presence.*

ALENTEJO, ALENTEJO, PORTUGAL · JUNE 16-22, 2026



72%

of founders report significant
mental health challenges during
their entrepreneurial journey

Freeman et al., 2015

3x

more likely to experience
burnout compared to the
general working population

Patel et al., 2019

You optimised everything *except your inner operating system.*

Founders are among the highest-performing — and highest-suffering — professionals alive. The identity fusion between self and company, the relentless pressure to perform, and the profound loneliness at the top create a psychological profile that conventional support structures are simply not designed to address.

72%

of entrepreneurs report mental health challenges

Freeman et al., Small Business Economics, 2015

49%

report at least one burnout episode per year

Startup Genome Report, 2022

3x

higher burnout rate vs. general population

Patel et al., 2019

The founder's burnout is not simply fatigue. It is a neurological and existential crisis: **decision fatigue, identity enmeshment, fear of failure masked as drive**, and a progressive disconnection from the original meaning behind the work. Standard interventions — coaching, strategy retreats, wellness apps — operate at the surface of cognition. They cannot reach what is needed.

"The data no longer supports burnout as a productivity problem. It is a neurobiological and meaning-based crisis that requires intervention at the level of the brain itself."

— Carhart-Harris & Goodwin, *Neuropsychopharmacology*, 2017

Why *psilocybin* works where nothing else does

Psilocybin-assisted therapy is not a wellness trend. It is one of the most rigorously studied psychotherapeutic innovations of the past two decades, with a growing body of peer-reviewed evidence demonstrating lasting neurological and psychological change from a single supervised session.

DEFAULT MODE NETWORK RESET

Psilocybin temporarily suppresses the DMN — the neural network responsible for self-referential rumination, rigidity, and the inner critic. Founders who are trapped in their own head find relief that no cognitive intervention can replicate.

NEUROPLASTICITY WINDOW

Research demonstrates significantly increased neuroplasticity following psilocybin, creating a period of enhanced psychological flexibility. Schema-level change — the rewriting of core beliefs — becomes accessible.

Cahart-Harris et al., 2021, NEJM

EMOTIONAL RE-ENGAGEMENT

A landmark JAMA Psychiatry trial (Davis et al., 2021) showed two psilocybin sessions produced rapid, sustained reductions in depression and anxiety. Emotional blunting — endemic in high-performing founders — is directly addressed.

MEANING RESTORATION

The mystical-type experience reliably reported in supervised psilocybin contexts is strongly correlated with sustained increases in psychological wellbeing, purpose, and prosocial behaviour (Griffiths et al., 2016, *Psychopharmacology*).

Six days.

Profound, lasting change.

- DAY 1**

Arrival & Clinical Orientation

Welcome to the Alentejo — an ancient landscape 2 hours south of Lisbon. Settle into the eco-luxury lodge, meet your clinical team and fellow participants. Psychometric profiling, clinical intake, and therapeutic goal-setting with Dr. Aileen Alegado (Clinical Psychologist, AHPRA) and Dr. Anthony Bloch. Private chef dinner. Rest.
- DAY 2**

First Psilocybin Session

Clinically supervised psilocybin-assisted therapy. Individually held within a full clinical container by credentialed clinicians, with individual therapeutic support throughout. Evening: guided journaling and rest.
- DAY 3**

First Integration Day

Individual and group integration sessions with the clinical team. Optional afternoon activities: forest bathing, walking meditation, sound healing, massage, cold water therapy, and somatic movement. Guided vision and leadership reflection. Space for journaling.
- DAY 4**

Second Psilocybin Session

Second clinically supervised psilocybin session, building on integration from Day 3. Clinical team present throughout. Evening debrief, nourishing organic dinner, supported rest.
- DAY 5**

Full Integration Day

Deep integration and consolidation. Values clarification, identity work, and 90-day re-entry framework. Activities: meditation, somatic practices, massage, cold water therapy, forest bathing, sound healing. Group closing ceremony. Celebratory private chef dinner.
- DAY 6**

Departure

Final individual integration check-in with the clinical team. Departure with a structured post-retreat integration plan, 90-day support framework, and continued access to your clinical facilitators.

WHAT'S INCLUDED

- 6 nights, eco-luxury lodge, Alentejo, Portugal
- 2 clinically supervised psilocybin sessions
- Full integration program & 90-day framework
- Sound healing & somatic movement
- Guided journaling & vision work
- Private chef · all organic meals & beverages
- Pre-retreat preparation (clinical screening)
- Forest bathing & walking meditation
- Cold water therapy & massage
- 24hr on-site lodge staff

AUD \$8,500 – \$10,000 *per person · varies by room type & inclusions · min. 6 participants*

Why this, over everything else

	ENVISION RETREAT	EXECUTIVE COACHING	LEADERSHIP WORKSHOP	WELLNESS RETREAT
Neurological-level change	✓ Neuroplasticity window	✗ Cognitive only	✗ Cognitive only	✗ Symptomatic relief
Schema / core belief change	✓ Schema Therapy integrated	✗ Behavioural adjustment	✗	✗

	ENVISION RETREAT	EXECUTIVE COACHING	LEADERSHIP WORKSHOP	WELLNESS RETREAT
Clinical supervision	✓ AHPRA-registered psychologist	X	X	X
Identity-level integration	✓ Structured post-session work	Partial	X	X
Evidence base	✓ Peer-reviewed trials	Mixed	Limited	Limited

Limited to 8 participants. June 16–22, 2026.

ALENTEJO, PORTUGAL · PORTUGAL · CLINICALLY SUPERVISED

Enquiries: Dr. Aileen Alegado · envisionwellnessretreats.com