

77%

of senior executives have experienced
burnout — most unable to identify it
until significant cost

Deloitte Global Survey, 2023

68%

say their role negatively impacts their
mental health

Harvard Business Review, 2023

\$1T+

in annual productivity loss linked to
senior leader disengagement and
burnout

McKinsey Global Institute

— EXECUTIVE EDITION

Leadership renewed *from within.*

*For senior leaders who have mastered the external
game — and are ready to address what lies beneath
it.*

ALENTEJO, PORTUGAL
June 16 - 22, 2026

THE EXECUTIVE PARADOX

At the top of your game.

Running on empty.

High-functioning burnout is the signature affliction of exceptional executives. Unlike visible collapse, it presents as sustained performance with progressive depletion underneath — emotional blunting, disconnection from meaning, and leadership decisions driven increasingly by fear rather than vision. It is invisible to your organisation. Often, invisible to you.

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of senior executives report having experienced burnout

Deloitte, 2023

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The standard executive response is more: more coaching, more strategy, more optimisation. But **no cognitive-level intervention can address a problem that lives in the nervous system, the identity structure, and the neurological architecture of how you lead.** The tools that built your career are insufficient to transform how you operate from the inside.

"High-achieving executives are the last to seek help and the hardest to reach through conventional channels — precisely because their performance masks the severity of their distress."

— Maslach & Leiter, *Journal of Applied Psychology*, 2016

THE EVIDENCE BASE

The neuroscience of

leadership renewal

Psilocybin-assisted therapy is now backed by a robust body of peer-reviewed clinical evidence, with landmark trials published in the *New England Journal of Medicine* and *JAMA Psychiatry*. It does not merely relieve symptoms — it creates the neurological conditions for lasting psychological change.

DEFAULT MODE NETWORK RESET

Psilocybin temporarily quiets the DMN — the brain's self-referential, ruminative network. For executives locked in performance-anxiety cycles, this represents a form of neurological rest unavailable through any other means. Carhart-Harris et al., *PNAS*, 2012.

NEUROPLASTICITY WINDOW

Post-session neuroplasticity allows core leadership schema — fear-based patterns, control structures, rigid cognitive habits — to be restructured at identity level rather than managed at the surface. Carhart-Harris et al., *NEJM*, 2021.

SUSTAINED CLINICAL OUTCOMES

Davis et al. (*JAMA Psychiatry*, 2021): two psilocybin sessions produced rapid, sustained reductions in depression and anxiety, with significant improvements in meaning and wellbeing maintained at 12-month follow-up.

VALUES-BASED LEADERSHIP RESET

Mystical-type experiences reliably increase prosocial behaviour, openness, and values alignment (Griffiths et al., *Psychopharmacology*, 2016). Executives report a fundamental shift from performance-anxiety to purpose-driven leadership.

Six days of *genuine transformation.*



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
- Private chef · all organic meals & beverages
- Pre-retreat preparation (clinical screening)
- Forest bathing & walking meditation
- Cold water therapy & massage

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

A clinically superior intervention

	ENVISION RETREAT	EXECUTIVE COACH	LEADERSHIP PROGRAM	WELLNESS RETREAT
Neurological-level change	✓ Neuroplasticity-based	✗ Cognitive only	✗ Behavioural	✗ Symptomatic
Clinical oversight	✓ AHPRA psychologist	✗	✗	✗
Schema / identity change	✓ Schema Therapy + ACT	Partial	✗	✗
Peer-reviewed evidence	✓ NEJM, JAMA Psychiatry	Mixed	Limited	Limited
Structured integration	✓ 90-day framework	Ongoing sessions	✗	✗

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

ALENTEJO, PORTUGAL · CLINICALLY SUPERVISED

ENVISION WELLNESS RETREATS · EXECUTIVE EDITOR: Enrique D. Aren Alegado · envisionwellnessretreats.com This retreat is conducted in Portugal where psilocybin-assisted therapy is legally facilitated. All participants undergo comprehensive clinical screening prior to acceptance.