

Dear Girls



WELCOME

Prepared by
Kheri-Ann Wiggins
Director



Dear Girls

SERVICE PROPOSAL

MEET THE FOUNDER

Kheri-Ann Wiggins has over 7 years of experience in administration, event planning and event management. With a deep passion for understanding people, Kheri-Ann combined her love for organisation and human psychology into an organisation that can serve young women in need of affordable emotional well-being support.



ABOUT DEAR GIRLS

Dear Girls is a Black, emotional wellbeing organisation, that helps women 18-30 years old navigate emotions related to trauma, to then heal and thrive in their purpose. Our mission is to empower Black women and eliminate their mental barriers to success through all-inclusive well-being retreats, community gatherings, our members club providing personal development support such as group therapy sessions, 1-1 coaching and physical resources.

Dear Girls was founded by Kheri-Ann Wiggins in 2018 while she was studying Psychology at Aston University. University is a playground for mental health issues such as anxiety, loneliness and depression. Kheri-Ann noticed that she had an organisational gift that uniquely positioned her to tackle these issues and facilitate change in the young women at her university. This was when a sisterhood community was formed through the events she created. The aim was always to create a safe, nurturing environment where women could heal whilst experiencing the love of God.

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HOW CAN DEAR GIRLS SUPPORT YOU AND YOUR AUDIENCE?

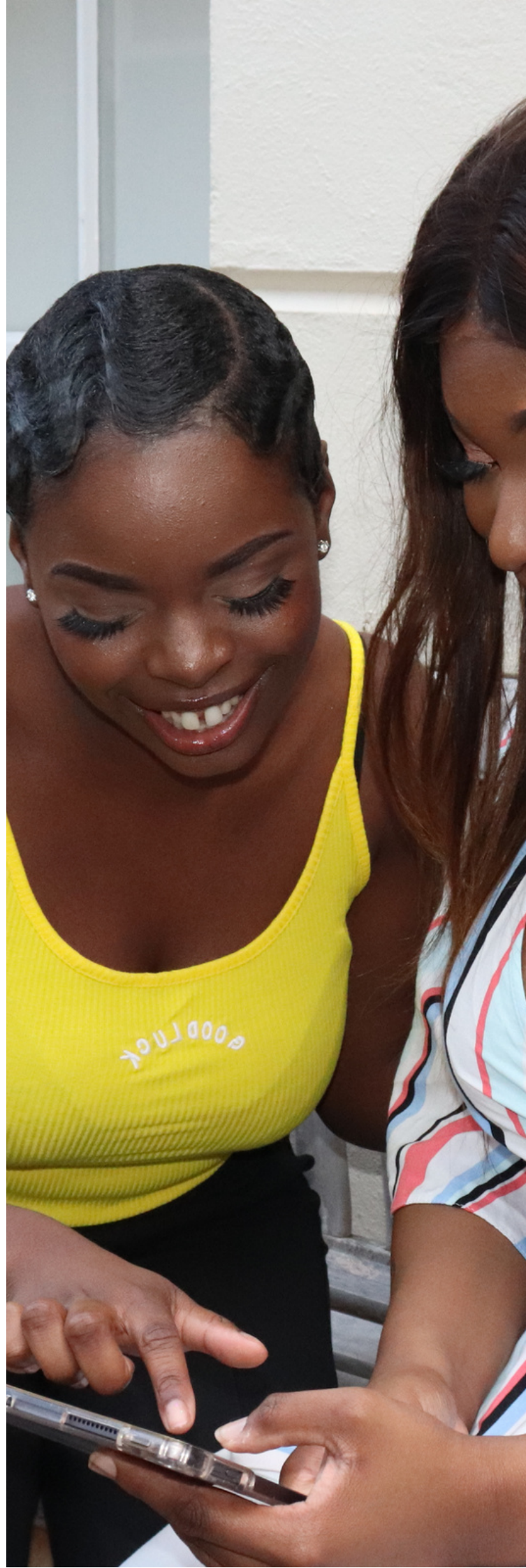
1 Full Retreat Planning and Event Management

The Full Retreat Planning and Event Management service offered by Dear Girls is a comprehensive package that focuses on organising and managing a customised weekend retreat for your audience. This service is designed to create a memorable and enriching experience for your retreat attendees.

Here's an elaboration of the service:

- **Bespoke Weekend Retreat:** This service is tailored to meet your unique requirements and preferences. Dear Girls specialises in emotional well-being retreats that are fun and enriching. Whether it's a corporate team-building retreat, a wellness retreat, or any other type of retreat, Dear Girls will ensure that the retreat is designed to align with your specific vision and objectives.

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LET US TAKE THE LOAD OFF

1 Full Retreat Planning and Event Management

- **End-to-End Planning:** Dear Girls will handle all aspects of the retreat planning process, from concept to execution. This includes selecting the venue, planning the itinerary, booking speakers, arranging activities and workshops, coordinating accommodations, and taking care of logistical details. Although the end-end planning will be done by Dear Girls, your voice is the main driving force that we will listen to to make sure your vision is brought to pass.
- **Event Promotion:** One unique aspect of this service is that you only need to focus on promoting the event. Dear Girls will take care of the rest, reducing your workload and the stress associated with event planning.



A ONE-STOP SOLUTION FOR YOU

1 Full Retreat Planning and Event Management

- **Professional Expertise:** Dear Girls has a team of experienced event planners, coordinators, and facilitators who are experts in creating engaging and impactful retreats. Their expertise ensures that the retreat runs smoothly and successfully.
- **Your Objectives:** The service aims to help you achieve your goals, whether it's team building, personal growth, relaxation, or any other purpose. The retreat is designed to meet these objectives effectively. We must stress that we specialise in emotional well-being retreats and highly advise that you take advantage of our speciality.



PACKAGE 1

In summary, this service is a one-stop solution for organisations or groups looking to host a retreat without the hassle of planning and coordination. Dear Girls handles all the logistical and creative aspects of the retreat, allowing you to focus on promotion and achieving your desired outcomes from the event. It's a convenient way to offer members or employees a tailored and impactful retreat experience.

We want to highlight that you have the flexibility to choose between our individual event planning or event management services to suit your unique needs. We are here to provide a tailored and professional experience that aligns perfectly with your preferences.

[Book A Discovery
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HOW CAN DEAR GIRLS SUPPORT YOU AND YOUR AUDIENCE?

2 Retreat Planning Consultation (On-Demand)

Our 'Retreat Planning Consultation' service, is your go-to resource for expert guidance and advice at any point in your retreat planning journey. Whether you're at the initial concept phase or need assistance with specific elements of your retreat, we're here to provide the insights, strategies, and solutions you need to ensure your retreat's success.

- Access: Consultation sessions come in 1-hour blocks with the option to book as many hours as you need to ensure you feel supported.

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TESTIMONIALS



The retreat was amazing and had some great workshops led by some successful black people which was great to see. The group of ladies were all great and everyone had amazing energy and was so supportive to one another. We had an actioned plan day but had just enough time to rest and have alone time if we wanted to. Journal To Dreams workshop by Pariss was so moving, she did a beautiful job listening and hearing each and every one of us out and offering advice. Kheri-Ann was an amazing host, and you could see she put a lot of work into this alongside her supportive mother who made sure we had enough snacks and beverages throughout the day. I would highly recommend you to attend the next Dear Girls retreat. **CHANTEL**



The overall experience was amazing! It definitely went above and beyond my expectations! The energy was unreal, everyone was quite comical and open to being friends. I always felt heard in whatever I said. My favourite moment was the nature walk! It was lovely to walk around Chesham and embrace nature whilst tackling our worst fears! It really helped clear my mind. The retreat has definitely helped me grow, I'm now occupied with the ideas I would like to bring to life. It's helped me realise that everything I need, will be attracted to me! It's also helped build strength in my mindset, I'm able to dismiss any negative thoughts easily! **ENIOLA**

PACKAGE 2

In summary, this package is for you if you have some planning experience but need some advice on specific elements of the planning process. Feel free to book a consultation call with us so we can assist you in bringing your vision to life.

[Click Here To Book](#) >



HOW CAN DEAR GIRLS SUPPORT YOU AND YOUR AUDIENCE?

3 Retreat Workshop Delivery

- Our 'Retreat Workshop Delivery' service, is designed to infuse your retreat with engaging, educational, and transformative content. We specialise in creating safe spaces where your attendees can feel heard, understood and supported. Whether you want us to deliver a workshop across two hours, four hours, or a full day, our expert facilitators will deliver based on themes of your choice, enhancing your participants' experience and contributing to the overall success of your retreat.

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WORKSHOP THEME SUGGESTIONS

Note, that these are just suggestions we are open to creating bespoke workshops based on the exact needs of your audience.

1 How to deal with burnout

2 Group emotional support sessions

3 Self-confidence

4 Identity and Purpose

5 Boundaries

6 Work-life balance

7 Navigating new seasons

8 Financial wellbeing workshops

TESTIMONIALS



The Dear Girl's retreat was a refreshing and much needed event. The instant sisterhood environment was something I was missing and was so glad to have met such raw, loving and inspiring girls from all walks of life. It was a safe place to be emotionally naked, be honest with myself and learn ways I can be better to myself above all. I'm excitedly looking forward to next event!



This first retreat was an incredible experience. Every workshop was very well thought out and allowed me to connect with different parts of my mind which I loved. It was also nice to meet such lovely women that I was able to open up to and form friendships with. I can't wait to reunite with everyone at the next one!



My first Dear Girls retreat experience was something very different to what I imagined. I absolutely love the openness of the women that I was surrounded by and how willing they were to learn, grow, and acknowledge who they are and where they are going. Kheri-Ann you did an amazing job!



This retreat was life-changing. I'm so glad I came & got to meet so many beautiful people. We laughed, cried, healed & bonded. This was such a powerful experience with good vibes, good people & valuable lessons and conversations. Can't wait for the next one!

PACKAGE 3

In summary, this package is for you if you need engaging, self-aware facilitators who know how to meet your audience/team where they are and bring them to your desired destination.

[Book A Discovery
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TESTIMONIALS



Dear girls retreat was amazing. The love, support and community in the room every day was unexplainable. I will always treasure the moments shared at this retreat and I appreciate every friend I met here. I'm so excited for the next retreat



Every single person I met on the retreat was like a breath of fresh air. Kheri-Ann did an incredible job of putting it all together. I would definitely come again



Invest in your holistic well-being with Dear Girls Ltd Retreats, speakers who will guide you, and meet new people who help you take advocacy for your life



This retreat what what I needed! At the end of the retreat I left in a good space mentally to work towards my goals in a healthy way. Thank you!

RETREAT RECAP

[Click Here To Watch](#) >



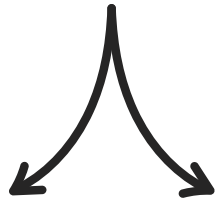
WHAT IMPACT HAS DEAR GIRLS MADE SO FAR?



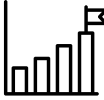





Since 2018, Dear Girls has helped women to:



- 1 Increase in self-confidence
- 2 Increase in self-esteem
- 3 Discover their purpose
- 4 Actualise their purpose
- 5 Develop a growth mindset
- 6 Express the challenges they face
- 7 Connect with like-minded women
- 8 Increase in financial knowledge

DEAR GIRLS IS HELPING WOMEN TO GO FROM:



OVERWHELMED	TO	AT PEACE
Lost		Found
Let down		Held
Stagnant		Progressing in purpose
Anxious		Calm and collected
Unappreciated		Loved and valued
Unseen		Seen and heard
Uninspired		Inspired to reach their full potential
Lonely		Surrounded by a supportive community

Dear Girls is more than events, Dear Girls is a community of women who are 'doing life together'. We laugh, we cry, we encourage, we share honestly, we love each other through thick and thin and this is why we prosper as a unit.

WHY SHOULD YOU WORK WITH DEAR GIRLS?

Black women need support.

It's that simple. Black women are more likely to experience a common mental illness such as anxiety disorder or depression (Mental Health UK, 2022). Collectively we can reduce this very statistic by working together to create safe spaces for women to unpack the experiences that may cause anxiety or lead to depression if not addressed. Just like me, you are uniquely positioned to reach Black women who would love to be poured into, nurtured and empowered to be the best version of themselves. We don't have to read about an increase in mental health issues in the Black community. We can actively prevent this by creating a retreat or workshop that specifically caters to their needs.

And the best part is, Dear Girls will do all the work! All you have to do is share our amazing plans with your audience or team members.

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TESTIMONIALS



This weekend was properly planned and we were all made to feel special from all the little details, were so well thought out. Accommodation was a 9/10, workshops were 9.5/10. Overall a fantastic weekend and I'm so glad I took the time out and invest in myself. **COURTNEY**



I came to Dear Girls to help clear my head and get myself back on track after having quite a difficult start to the year. I ended up getting way more out of the retreat than this. Although I attended alone and had never met any of the ladies, everyone was friendly and welcoming, with good positive vibes. We had great conversations and were able to share our experiences and emotions in a safe, nonjudgemental environment. We laughed and cried and uplifted each other over the course weekend. The workshop sessions and facilitators were all excellent, touching on some of the most important topics such as wellbeing, finance and a healthy mindset. It was a brilliant experience which I'm glad I could be a part of. **ADANNA**



10/10 experience beyond expectations! Truly a self-investment accompanied by an incredible group of ladies. I attended the retreat drained at a cross road and returned home rejuvenated, ultimate mind reset. I know who I am and what I need to do next. I'll be back again and you should come too. **RENIKA**

YOUR NEXT STEPS

Do you have a community of Black women who need emotional well-being support? Do you have a team of Black women who want to become the best version of themselves but need extra support and encouragement?

We can assist you in the process. Book a discovery call using the button below to discuss how we can help make your vision a reality.

We look forward to speaking with you!

[Book A Discovery
Call Here](#)



SPEAK SOON

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