



CHANGE·FIT

Peace Within

A Retreat in the Wild

June, 2026 | Kruger National Park

Brought to you By
**Joanne Perold &
Sonja Blignaut**

{ faethm }

Something's stirring inside you.

Maybe it's exhaustion. Maybe it's a longing. Maybe it's the quiet sense that something needs to shift.

This is your invitation to pause. To listen. To remember yourself. Peace Within is a 6-day retreat for people who feel stuck in work, in life, or in their own patterns and are ready to reconnect with their clarity, courage, and centre.

Come and rediscover your footing in the wild with skilled facilitators and a circle of fellow travellers.

What to Expect

- Gentle but powerful inner work using the Virginia Satir Growth Model
- Wayfinding sessions with Sonja Blignaut to help you navigate what's next
- Daily reflection, small group experiences, and practical integration tools
- Open space for rest, walks, river views, and conversations around the fire
- A digital pause, no devices during sessions, and gentle invitations to unplug



🌙 The Inner Journey

During our time together, you'll move through three powerful inner shifts:

- Awareness — Becoming conscious of what hurts, what no longer fits, or what longs to emerge
- Acceptance — Meeting yourself with compassion, and recognising that your coping once kept you safe
- Authorship — Choosing how to move forward from a place of clarity and ownership

This isn't about fixing yourself. It's about coming home to yourself and stepping forward from there.

🌀 Who This Is For

This retreat is for you if:

- You're navigating a personal or professional crossroads
- You've lost your sense of flow or spark, and want it back
- You're not broken, but something's misaligned
- You want to grow, not grind. Change, not hustle.
- You're ready to take authorship of your next chapter




You don't need to be a leader. Just someone who's willing to meet yourself honestly.



After You Leave

- A letter to your future self, mailed 3 months after the retreat
- Optional coaching or clinical support
- A sense of grounding, clarity, and peace that stays with you

The Details

-  June 2026
-  Private bush retreat inside Kruger National Park (exact location shared on booking)
-  Comfortable shared accommodation, all meals, facilitation, and activities included
-  Limited to 24 participants

Pricing

- To be finalised based on venues. - Get in touch and we can share rough estimates.

Ready?

You don't need a plan. Just a pause.

Come with your questions, your ache, your longing, and leave with a quiet confidence in what's next.

👉 Apply now or enquire: info@faethm.co.za



About Joanne



Joanne is the director at Faethm, which she founded in 2021.

She has over 15 years of experience working with teams and organisations as a leader, change agent, coach and team member.

As a facilitator and creator of interactive learning experiences, she takes a pragmatic, human-centered approach focused on creating spaces where people can easily contribute.

Joanne Perold

Director, Founder, Coach

About Sonja



Sonja is the director and founder of More Beyond. She has been working in the field of applied complexity for over 20 years, consulting internationally.

Sonja is the creator of the Waysfinder framework and is a sought after teacher and speaker.

She is well-versed in multiple coaching and facilitation modalities and specialises in creating transformative learning experiences that shift people's way of making sense of the world.

Sonja Blignaut

Founder, Wayfinder
