



Plot 2 Suuna II Road, Ntinda  
[civsourceafrica.com](http://civsourceafrica.com)  
+256 393 224 056  
[info@civsourceafrica.com](mailto:info@civsourceafrica.com)

**L**ast week, CivSource Africa had the pleasure of conducting a wellness retreat for NCHRD-U.

We started these wellness retreats in 2019 and have since had the honour of conducting both open call retreats (where people apply), and tailored ones for teams and organizations.

The retreats are called “The Experience” and we purposefully craft them that in mind. This means we pay attention to every detail of the retreat, from the logistics note, to the welcome of retreat participants, to the first night of the retreat, to the delivery of the content, to the way we set up the space, to the moments of relaxation, to the fireplace chats. Every detail is thought through to deliver a unique experience.

We infuse each moment and each retreat with deep care and love.

Even though the basic content is the same, we use a different analogy for each retreat. This helps us keep creative and ensures that we deliver something special each time. We’ve used themes of baking, plumbing, building houses, building wells, exploring/adventure.

We use experiential learning. We also ensure that we stretch the participants out of their comfort zones so that they can learn something new about themselves.

The retreat is not a magic bullet. Rather, it is curated as a space to enable one to stop, think, reflect, and recommit to making changes along one’s wellness journey.

The only way to experience “The Experience” is by reaching out. Contact us on [aasiimwe@civsourcea.com](mailto:aasiimwe@civsourcea.com) or [executive@csagmail.com](mailto:executive@csagmail.com) if you’d like us to do a wellness retreat for your team/organization.

We are also coming up with innovations such as solo/guided retreats and deep dive retreats - which will be for 7 days, for those that want to experience transformation in their wellbeing at a deeper level.

We are passionate about wellness for people and organizations. We want to serve you. We will be waiting for your call....

**©Jacqueline Asiimwe**

Chief Executive Officer at CivSource Africa