

A hand reaches up towards a flock of seagulls flying over the ocean at sunset. The sun is low on the horizon, creating a warm, golden glow. The sky is a mix of blue and orange, with many seagulls in flight. The hand is positioned in the center, reaching towards the birds.

THE ST TROPEZ MASTERMIND

THE FOUR DIMENSIONS SUMMIT



BONJOUR!

Welcome to the Saint-Tropez Mastermind: The Four Dimensions Summit — not just any retreat, but a high-octane, personalized boot camp for the elite few ready to turbocharge their life across Mind, Body, Spirit, and Soul. This isn't your average getaway; it's a strategic incursion into the very fabric of your being, designed for intense personal and professional revolution.

PERSONALIZED EXPERIENCE

This isn't a mass-market motivational spiel; it's a bespoke, curated journey into self-optimization. The Four Dimensions Summit offers an intimate setting where each participant is a VIP, engaging directly with thought leaders and like-minded peers. Here, generic advice is banned, and tailored growth strategies reign supreme.



1



CONNECTION & VULNERABILITY

Expect to dive deep — no wading in the shallow end. This summit is the antithesis of superficial networking; it's a profound confluence of souls and minds. It's a place where vulnerability isn't just accepted; it's the currency of deeper understanding and accelerated growth.

BUSINESS & VISION SUPPORT

You're not just attending to listen; you're here to engage, challenge, and refine. This mastermind is a mutual exchange of wisdom, where your business and vision undergo a rigorous stress test, emerging stronger, clearer, and more actionable.



4



INTENSE DISCUSSIONS & COLLABORATION

Expect to dive deep — no wading in the shallow end. This summit is the antithesis of superficial networking; it's a profound confluence of souls and minds. It's a place where vulnerability isn't just accepted; it's the currency of deeper understanding and accelerated growth.

PROFESSIONAL & PERSONAL DEVELOPMENT

The Four Dimensions Summit doesn't just add to your knowledge; it multiplies your capabilities. With a holistic approach to growth, the retreat ensures that your mind, body, spirit, and soul are not just aligned but amplified. You'll leave not just inspired but equipped — a sharper, more resilient version of yourself.



6

COMMUNITY & MENTAL HEALTH BENEFITS

This is where battle-hardened warriors meet to share, heal, and fortify. The community here understands the high stakes of mental and emotional well-being in achieving peak performance. It's a support system, a shared journey towards a common goal — excellence in every dimension.

NEW IDEAS & INSIGHTS

No recycled clichés or worn-out anecdotes. Expect cutting-edge insights, disruptive strategies, and a slew of 'aha' moments that will have you rethinking everything you thought you knew. This summit is where paradigms shift and new legacies are forged.





ST TROPEZ

Set against the opulent backdrop of Saint-Tropez, The Four Dimensions Summit is a relentless pursuit of excellence, a congregation of the ambitious and the brave, ready to dissect and reconstruct their approach to life and success. If you're ready to not just evolve but revolutionize your existence, welcome to the summit. This is where the future leaders are made.

Welcome to your reckoning.

A scenic view of a coastal town built into a hillside, with a speedboat moving across the water in the foreground. The town features numerous buildings, including a prominent church with a tall bell tower. The water is a deep blue, and the boat is leaving a white wake.

MASTERMIND PROGRAM

DAY 1: MIND & BODY

‘Morning Session’

1. *High-Performance Coaching (Mind)* + *ALLISON TASK*

- Time: 9:00 AM - 10:30 AM
- Focus: Goal setting, mindfulness, mental resilience, and performance enhancement strategies.
- Activity: Interactive workshop with practical exercises for mental clarity and focus.

2. ‘Break’

- Time: 10:30 AM - 11:00 AM

3. ‘*HEALTH FITNESS Session (Body)*’ + *KATE MOSS*

- Time: 11:00 AM - 12:30 PM
- Focus: Physical fitness, diet and exercise regime
- Activity: Hands-on training session emphasizing strength, agility, and self-care.

LUNCH

‘Afternoon Session’

1. ‘*Nutrition and Self-care Workshop*’ + *KATE MOSS*

- Time: 2:00 PM - 3:30 PM
- Focus: Healthy eating habits, self-care routines, and diet plans for optimal health.
- Activity: Interactive session with a Kate on exercise regime and healthy meal planning.

2. ‘Break’

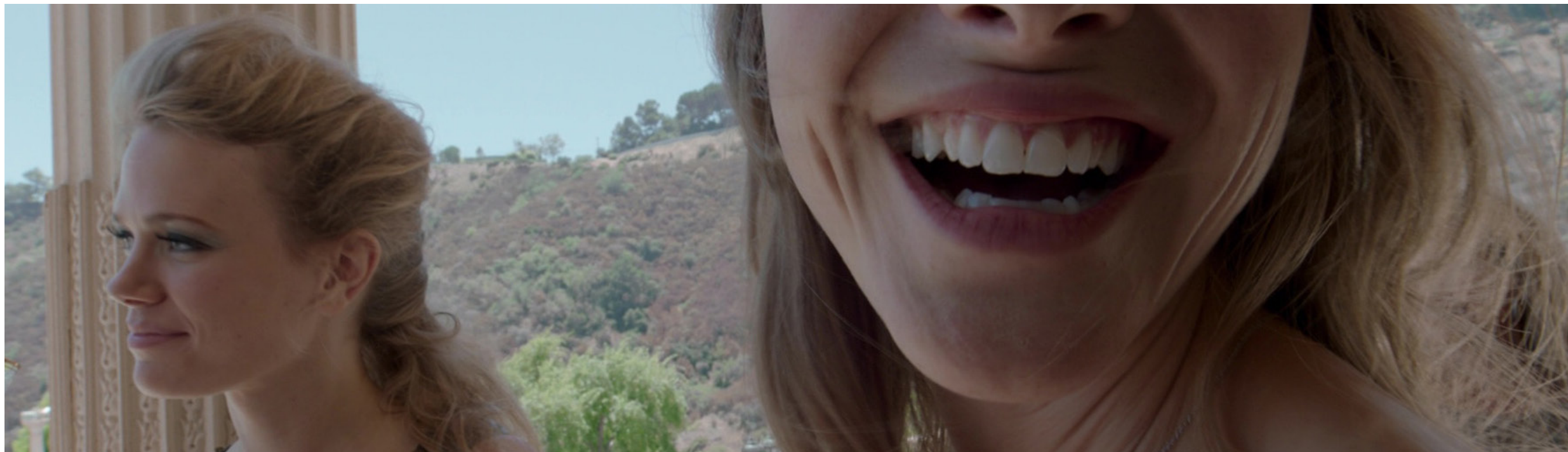
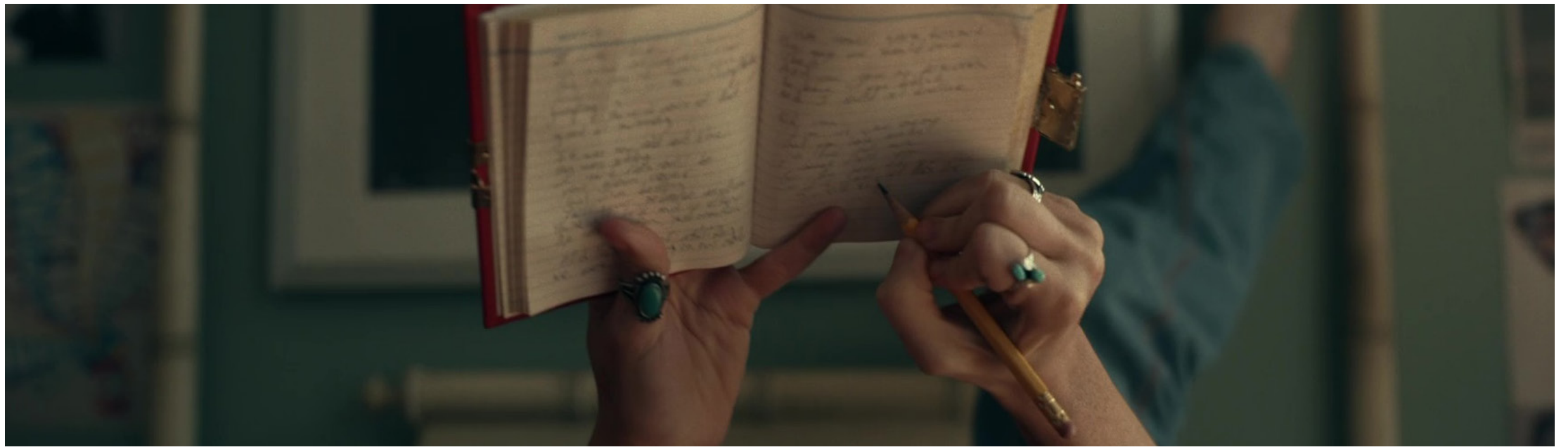
- Time: 3:30 PM - 4:00 PM

3. ‘*Reflection and Personal Development*’ *ALLISON TASK*

- Time: 4:00 PM - 5:30 PM
- Focus: Personal reflection and development, journaling, or group discussions on the day's learnings.

‘Evening’

- Relaxation and informal networking.
- Dinner in St Tropez.



DAY 2: SPIRIT & SOUL

‘Morning Session’

1. ‘*Spiritual Guidance (Spirit)*’ + TIM LOWE

- Time: 9:00 AM - 10:30 AM
- Focus: Application of spiritual principles in business
- Activity: Guided discussions and personal stories,

2. ‘*Break*’

- Time: 10:30 AM - 11:00 AM

3. ‘*Pastoral Session (Soul)*’ + PASTOR KIRRILY

- Time: 11:00 AM - 12:30 PM
- Focus: Deepening soul connections, understanding purpose, and spiritual fulfillment.
- Activity: Lecture, group discussion, or a guided spiritual exercise.

LUNCH

‘Afternoon Session’

1. ‘*Group Q&A*’ + PAUL REGAN

- Time: 2:00 PM - 3:30 PM
- Focus: Sharing experiences, key takeaways, and setting intentions for the future.
- Activity: Group discussion and closing ritual to end the retreat.

2. ‘*Break*’

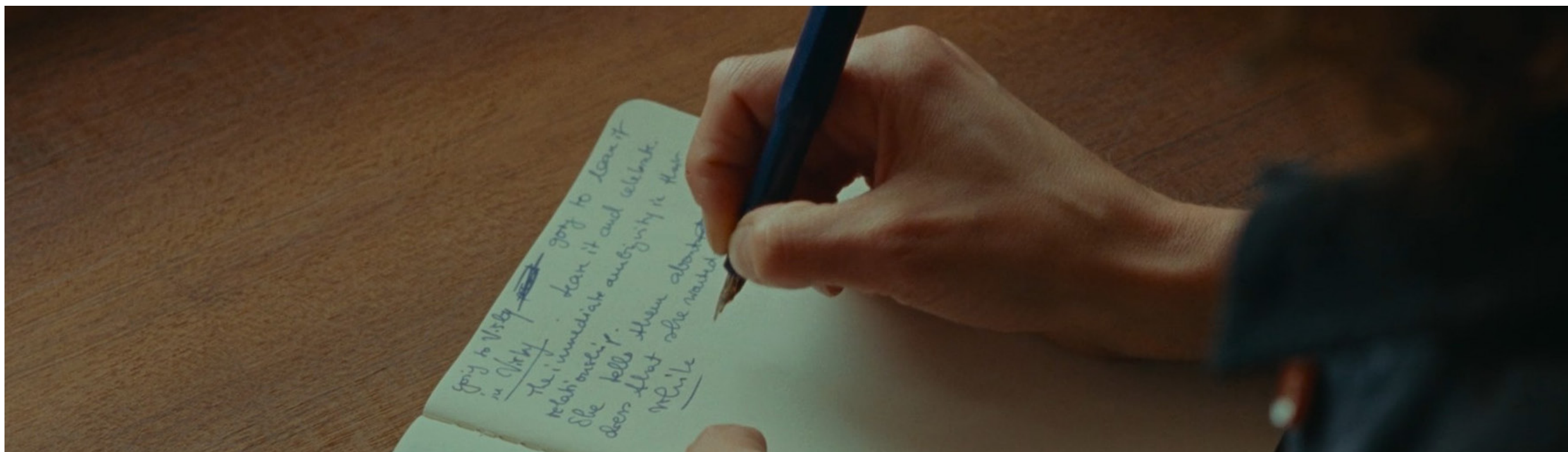
- Time: 3:30 PM - 4:00 PM

3. ‘*Group Reflection and Closing Ceremony*’ + PAUL REGAN

- Time: 4:00 PM - 5:30 PM
- Focus: Private 1 to 1 sessions with speakers
- Activity: In formal group discussion and closing ritual to end the retreat.

‘Evening’

- SURPRISE St Tropez style



DAY 3

9:30AM Farewell Breakfast + Closing Ceremony

*Optional trip to Nikki Beach, St Tropez
(you're responsible for your own bar tab :))*

Exact speaker line-up may change due to unforeseen circumstances but calibre will not.



A woman in a dark, form-fitting dress stands with her back to the camera on a balcony. She is looking out over a group of people who are gathered on the balcony and in the background. The scene is set during the day, with a clear blue sky and lush green trees visible. The balcony has large glass windows and doors. In the foreground, there are some outdoor furniture items, including a white sofa and a yellow armchair. The overall atmosphere is one of a sophisticated social gathering.

SPEAKERS



ALLISON TASK

Allison Task isn't just another life coach; she's a titan in the industry. Think of her as the Jeff Bezos of personal development. Her journey is a master class in pivot and evolution — from the fast-paced dot-com world to ruling the culinary scene and then mastering the art of life coaching.

With a degree from Cornell, she's not just smart; she's Ivy League smart, with street cred that spans across industries. Her shift from culinary arts to life coaching isn't just a career change; it's a plot twist worthy of a Netflix series. Hosting TV shows and running The Wooden Spoon cooking school? That's just the appetizer. The main course is her life coaching practice, where she helps people not just meet but beat their life goals. She's not just setting standards; she's the one they measure against. And now, with the prestigious MCC credential under her belt, she's officially one of the top coaches in the world — a distinction held by fewer than 1800 people globally. In the coaching ring, Task is the heavyweight champion.

She's known for her laser focus on helping her clients navigate the rocky terrains of life and career transitions. Think of her as a navigator in the choppy waters of change, making her an indispensable asset at your mastermind event. Task's accolades aren't just on the shelf; they're out there making waves. From lighting up TV screens on "Good Morning America" to gracing the pages of "Real Simple," she's not just in the game; she's leading it.

Her books? They're not just publications; they're lifelines to those navigating the high seas of life. Having Allison Task at this mastermind event isn't just an opportunity; it's a strategic move. She brings the heat, the insight, and the actionable strategies that will transform you from player to game-changer. Her approach isn't just about coaching; it's about revolutionizing how we think, work, and live.



PASTOR KIRRILY

Enter Pastor Kirrily, the spiritual sector's Serena Williams. Not just another voice in the chorus, Kirrily is the soloist who's been rewriting the hymn sheet since the early '90s. Picture this: a pastor, author, poet, and mother of three — a veritable Swiss Army knife of spiritual and creative prowess. She doesn't just wear hats; she designs them.

"The Invisible She" — this isn't just Kirrily's book; it's her manifesto. This piece has revolutionized women's ministry, plunging into the depths of female identity with the finesse of a master diver. It's not just words on a page; it's a symphony of prose, poetry, and profound insights, all dressed up in the vibrant attire of fashion and imagery. Kirrily isn't just inviting women to change; she's equipping them with a whole new wardrobe for their souls. Impact? Kirrily's is a name known not just in

local community halls but in global corridors. "The Invisible She" is less a book and more a beacon, calling women from all walks of life to shed the shackles of stereotype and step into their divine destiny in Christ. She's not just impacting lives; she's architecting legacies.

Having Kirrily at the mastermind event isn't just adding a speaker; it's igniting a revolution. She melds the sacred with the innovative, delivering sermons that don't just move you; they mobilize you. This isn't about sitting back; it's about leaning in, way in.

For the full download on Pastor Kirrily's mission and method, head to her domain. Prepare yourself; this is no ordinary ride. It's a spiritual odyssey.



KATE MOSS

Kate isn't just a fitness trainer; she's a guru of resilience and vitality, a maestro in the symphony of self-optimization. Picture this: a relentless force sweeping through the fitness industry, transforming not just bodies, but the very essence of self-confidence and inner happiness. Her narrative isn't just about fitness; it's a crusade against mediocrity, a relentless pursuit of personal excellence.

Starting her journey amidst the glitz of an elite high-end members club, Kate didn't just adapt; she redefined the standard. Now, as an elite trainer, she's not just leading the pack; she's on a whole different elevation. With every session, she injects a potent blend of genuine, upbeat energy and a resilient mentality that pushes her clients beyond the realms they imagined possible.

But let's dissect her methodology. Kate's approach is a fine-tuned alchemy of cardiovascular conditioning and a relentless focus on technique and strength building. Her sessions? They're not just workouts; they're tailor-made blueprints of innovation, designed to keep you on your toes, literally and figuratively.

Transitioning from the luxury hospitality and events industry, Kate's journey is one of evolution and acclaim. She's built a reputation not just for her authentic touch but for her ability to navigate and excel among the industry's most experienced titans. Her client base isn't just loyal; it's a testimony to her transformative impact.

Now, at her signature Versa Class, Kate isn't just instructing; she's orchestrating a fitness revolution. Her classes are a kaleidoscope of dynamic circuit and strength training, all meticulously aligned with the individual goals of her clientele. This isn't just about breaking a sweat; it's about breaking barriers, conditioning the body, and cultivating an indomitable spirit.

In the realm of fitness, Kate stands not just as a trainer, but as a beacon of resilience, innovation, and unyielding commitment to excellence. Join her, and you're not just signing up for a class; you're enlisting in a movement. Prepare to be transformed. Welcome to the new paradigm of personal fitness



TIM LOWE

Ex-banker Tim Lowe stands as one of Australia's most formidable financiers, a titan in the temple of commerce who wields spiritual principles as his strategic arsenal. Picture this: a juggernaut in the financial world, whose bold approach and charismatic presentation style are not just compelling but are deeply rooted in a higher calling. This isn't just about crunching numbers or closing deals; it's about manifesting abundance with a moral compass, a true maverick who practices what he preaches in the high temples of finance.

Lowe's narrative isn't a linear rise; it's a multidimensional ascent. His background in banking and underwriting multi-billion dollar deals has positioned him as a beacon of success, blending the acuity of a seasoned financier with the wisdom of spiritual tenets. His strategy? A divine alchemy of market savvy and moral clarity, turning every fiscal move into a spiritual statement. This is where prosperity meets purpose, where every transaction is a translation of ethical ambition.

But Lowe isn't just about the balance sheets; he's about balancing life's grand ledger. His charismatic presence and innovative leadership style don't just command rooms; they change the atmosphere. It's an approach that's less about dictating terms and more about dictating change, transforming the commercial marketplace with an infusion of spiritual integrity.

Though his role as a minister at God in the City church is a testament to his spiritual dedication, it's his unique blend of ethical finance and leadership that sets him apart. Lowe doesn't just lead a congregation; he leads an economic ethos, championing a way of business that's as profitable as it is principled.

For those looking to understand the Lowe doctrine, both his financial finesse and spiritual strategy, a closer look at his journey is more than just enlightening; it's transformative. His approach isn't just a lesson in fiscal management; it's a masterclass in leading a life where success is measured not just in wealth but in wisdom. Welcome to the new paradigm of leadership, where Tim Lowe redefines what it means to be both a spiritual guide and a financial guru.



PAUL REGAN

Paul Regan isn't just a creative director; he was the modern day Don Draper of Asian advertising, now a titan in the realm of narrative construction. Picture this: a maestro who didn't just climb the industry ladder — he built his own, rung by rung. Starting as a copywriter at Ogilvy Singapore, Regan wasn't merely penning ads; he became the youngest creative director at JWT painting cultural masterpieces across the Asia Pacific, making him an indispensable architect of global creativity.

Let's double click on this narrative. With an MBA from Australia, Regan transformed his skill set into a beacon of strategic and creative might. As Executive Creative Director at BBDO Malaysia and Regional Creative Director at JWT/River Orchid, he didn't just lead teams; he redefined advertising across Asia.

But his journey didn't stop there. In 2008, Regan turned his gaze to the art world, opening the Gallery of European Art in Bangkok, only to return to the ad world as the phantom scribe

for A-list directors, crafting TVC treatments that don't just win pitches; they revolutionize them. His alchemy turns mere ideas into gold for titans like Nike, Coca-Cola, and Apple.

For the past 12 years, Regan has been the secret weapon behind making top directors and production houses rich, serving as a pitch and business development specialist. He's not just about the creative spark; he's about igniting the entire industry. In the last two years, Regan has launched a successful strategy practice, mentoring CEOs, leaders, and founders on their origin and vision stories. He's been developing strategic narratives for their companies, a service he's coined SaaS 2.0: Storytelling as a Service. It's not just strategy; it's narrative engineering at its finest.

At this mastermind, prepare for a seismic shift in understanding and execution as Paul Regan shares his playbook. He's not just talking about creative genius and strategic mastery; he's living it, breathing it, and teaching it.

ST TROPEZ VILLA LIVING

Imagine this: a convergence of mind, body, spirit, and soul, not in some drab conference room or nondescript hall, but in the sun-drenched, opulent lap of Saint-Tropez — the original sandbox of the rich and famous. This isn't just a mastermind summit; it's an odyssey into luxury, enlightenment, and unparalleled self-discovery. Welcome to the Saint-Tropez Mastermind: The Four Dimensions Summit, where the elite don't just meet; they transform.

Saint-Tropez, with its azure seas, legendary parties, and marina lined with super-yachts, isn't just a backdrop; it's a statement. This is where Bardot sizzled and the world's glitterati play. And in the midst of this playground of the gods, our summit nestles into one of the most exclusive villas on the planet. Think less of a meeting space, more of a sprawling testament to luxury, a villa where every amenity whispers opulence and every view screams splendoUr.







JOIN US...

So, as you contemplate joining this elite gathering, understand this isn't just an investment in your professional or personal development; it's an induction into a rarified experience. At the Saint-Tropez Mastermind: The Four Dimensions Summit, you're not just learning to excel; you're doing so in a setting that epitomizes the very pinnacle of success.

Prepare to be inspired, not just by the speakers, but by the sheer, unadulterated luxury of it all. Welcome to Saint-Tropez. Welcome to transformation. Welcome to a life less ordinary. This is where greatness meets grandeur.





MERCI!