

YOU ARE INVITED
TO FLOURISH
IN UVITA, COSTA RICA

FEBRUARY 20 TO 28, 2027

*Gateway to Your Highest Potential
with Yourself and Others*

What is a Gateway?

A Gateway is more than a retreat — it's a transformative program that unites strategic tools with methods for personal growth. This immersive, week-long experience is designed to help you access purpose, clarity, and actionable tools to create meaningful change in your life.

Through workshops, movement, group activities, and self- reflection, the Gateway offers a balanced blend of mental, physical, and spiritual practices. Each day also includes independent time for rest, exploration, and connection with like-minded individuals — all set in an inspiring international destination.

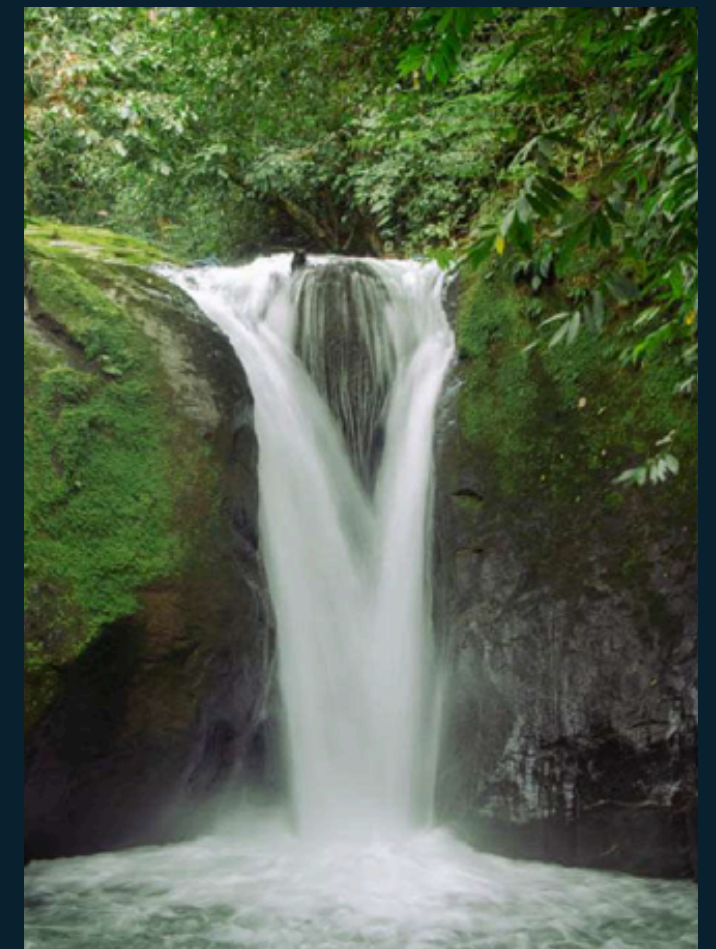


How is it different from a retreat?

Most retreats offer relaxation or a break from routine. While some retreats focus on a singular theme like yoga or meditation, they can leave participants feeling unresolved. The Gateway takes a more holistic, complete and actionable approach.

This relationship-themed Gateway is an experience designed to help you connect deeply with yourself and others. Relationships are the networks of life. They connect us to family, partners, friends, colleagues, and work. They are wonderful, fulfilling, challenging, and sometimes just hard. Understanding our relationship with ourselves is the first step in building meaningful relationships with others.

Over the course of a week, this Gateway will unlock your unexplored potential to build successful connections. We will also identify and redirect relationship patterns to create easier and deeper harmony with yourself and others.





COSTA RICA 2027

WHO IS IT FOR?

The Gateway is a multigenerational gathering-young professionals, parents, executives, entrepreneurs, retirees- all arriving with different paths but similar questions: how do I relate better with others in my personal and professional life? They are seeking connection, inspiration, and a toolbox.

WHAT WILL WE DO?

Over the course of a week, you will engage in workshops, movement, and reflective practices to unlock your relationship potential.

We will work with you to uncover and lean into your strengths, identify harmful patterns, and help you craft a clear roadmap for the life you envision. There will also be plenty of time to hike, shop, and immerse yourself in the local culture.

WHAT WILL CHANGE?

You will. Perspectives will shift, relationships will deepen, and career and life paths will become clearer. Habits will also change for the better. These are tangible results achieved through deliberate and personal work you will be immersed in during the program.

FAQ

HOW MUCH DOES IT COST?

Pricing varies based on the room type you choose (single, double, or triple). All accommodations, program activities, meals, and ground transportation are included.

WHAT IF I CAN'T DO EVERYTHING?

The program is designed to accommodate all body types and comfort levels. You're welcome to sit out or modify activities as needed. If you have specific concerns, please contact us in advance.

WHY IS IT IN A DIFFERENT COUNTRY?

The journey begins where the familiar ends. Stepping out of your comfort zone clears your mind, deepens your connection to the world, and grounds you in the cultural significance of the destination. We've ensured a safe, seamless experience from arrival to departure.

WHAT IF I CAN'T AFFORD IT?

We understand financial situations vary. Please email us at gateways@helenrothberg.com to discuss options that may work for you.

WHAT IF I HAVE A SPECIFIC QUESTION?

No question is too small. Feel free to reach out at gateways@helenrothberg.com with any concerns or to get more information.

WHERE CAN I LEARN MORE?

For details about the destination, program, accommodations, and what's included, visit www.helenrothberg.com/gateway-experience-2027/

Your Leader

Helen Rothberg, Ph.D, is an author, Professor Emerita of strategy, an executive consultant and coach who has spent her career guiding companies, leaders, and students toward becoming the best versions of themselves-through strategic tools, frameworks, and insights. She has consulted with Fortune 500 companies, small technology start-ups, and nonprofit organizations.

Helen's approach goes beyond traditional strategy. For years, Helen has also traveled the world, learning from different cultures and indigenous people, practicing Reiki, and exploring deeper spiritual practices. Through her journeys, Helen has discovered that true success-whether in life or business-requires tapping into both the mind and the spirit. That's why she created The Gateway.



Helen Rothberg

[MORE ABOUT HELEN](#)



The Journey Begins Where The Familiar Ends.

COSTA RICA 2027

CONTACT

gateways@helenrothberg.com

www.helenrothberg.com

