



SPIRIT *of* **BEAUTY**
Your Catwalk To Confidence

LP
LINDA PAIGE
WHERE FASHION & FREEDOM COLLIDE



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LINDAPAIGE

SOUTH AFRICA

ITINERARY 2024



1

NOVEMBER '24

DAY 1

Finally, we meet! Not only do we get to hug, hello and high 5, but today we are kicking off with a big bang! You are going to be blown away. But, more exciting than this adventure, we will get to hear YOUR story. Why you are here. Who you are. What your plans and hopes and dreams are. And how we can support and empower you to live the rest of your life as the best of your life!

And we'll end all of this in a beautiful, upscale business beach club where you can relax, kick off your shoes and enjoy the sun, sea and superb South African hospitality.





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2

NOVEMBER '24

DAY 2

At the heart of LindaPaige, as you know, is our strategy of Radical Generosity. Today you're going to meet some of the most amazing human beings on the planet, and get to play! From there, you're going to come face to face with a Titan Champion who is going to challenge and empower you. And after all that, you're going to end your day with a much deserved culinary experience that will leave you wanting for nothing!



Arise and shine “



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3

NOVEMBER '24

DAY 3

Let's talk money, honey. You know by now that what you wear impacts everything, from your mood to your marriage to your money. Today you are going to learn communication and negotiation skills from an award winning Master Negotiator who is on speed dial to the likes of adidas, Nokia, Vodafone, World Bank, et al. I won a British Sales Negotiation award and tripled my income back on my corporate days on this training. So, bring your A game. Today is all about boosting your confidence, your influence, and your income. After that powerhouse morning session, you'll have the opportunity to apply what you learnt.



Confidence is key”





Style is just a skill 📌📌



4

NOVEMBER '24

DAY 4

R&R. For some women that means Roles & Responsibilities. For others, it means Rest & Relaxation. Both are right. But today, you're going to REST, and RELAX. This is your one full day to yourself.

Sure, you can spend it shopping, socializing or chatting. But I recommend that you take this day seriously, and invest it in yourself.

You can shop, socialize and social media any other day. Today, I want you to spend the day by yourself. Book a spa treatment (ahead of your arrival, see registration page for details). Read that book you keep packing but not reading. Switch your phone off. ALL day. Sleep. Go for a walk. Explore the wine estate grounds, by yourself. You might be blessed enough to meet a member of staff in the middle of the vineyards who knows more about grapes and soil and nature than the owner does. Create for yourself the opportunity to feel, see and experience something peaceful, restful and magical today. When you're ready, wine and dine in the main restaurant, or feel free to order room service to continue, and complete, your full day with the woman in the mirror. Wishing you the kind of sleep that only angels know about.

5

NOVEMBER '24

DAY 5

Arise and shine, beautiful! Adventure awaits you. You're in South Africa, 1 of the 3 most sought-after tourist and adventure destinations in the world! Today you're going to take a bird's eye view of life, and grab inspiration from creation on just how you want to live the rest of your life. After whisking you away from the morning's events, we are going to wine and dine you at the famous V&A Waterfront at Table Bay before letting you loose on some shopping time. As a perfect ending to a glorious day, you're going to close your eyes and feel the wind in your hair as we set sail on a sunset cruise around the Bay before heading to an African dinner that you will never forget!





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DAY 6

When was the last time you sat down and did some really creative, something that represented some of your favourite things? When did you last spoil yourself, prioritize yourself and think of nobody else, just you?? Well, love, today is a day of indulgence! Today you are going to be invited into places and spaces that will inspire, motivate and exhilarate your senses! Today is a day where color, creative and culinary all collide!



Every day is CHOOSE DAY 





7

NOVEMBER '24



DAY 7

It's the little things that make up a powerful, beautiful statement. From your hair, your brows, lips and make-up, you want to make sure that you are wearing and communicating on the outside, the woman that is on the inside. So today we're going to put you in front of our celebrity make-up artist to learn exactly what tools you need, how to use them, and walk out your front door looking and feeling fantastic. And when all of that is said and done, you're going to don your heels and practice your runway walk to get into the groove of the gala event. And then we'll go out to another delicious dinner.

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8

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DAY 8

This is it, beautiful! Tonight is YOUR Catwalk To Confidence! Today is set aside, purposely and intentionally, to make space for you...your feelings, your needs, your show shopping outfit, your past, your present...and as you walk out...your future. Your hair and make-up will be taken care of by our local experts. The stage will be set for you to take all of your past, all of your present, and walk YOUR CATWALK TO CONFIDENCE and declare your future!



This day, alone, is cited as almost every woman's favorite experience on this journey. I will prepare you, I will train you, I will guide you. You will take to stage and experience a level of confidence that you have never experienced before! I can't wait to see you sashay down the runway! Because this is the runway of your life. Your catwalk to confidence.



Your spirit of beauty
is a GIFT 🎁



SOUTH AFRICA AWAITS YOU!



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1 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|-------------------------|-------------------------|------------------------|
| 07:00 - 08:30 | Breakfast | Lanzerac, Manor Kitchen | Funky, fun workout kit |
| 10:00-12:30 | Adventure Sports | Cape Town | |
| 13:30 - 16:30 | Lunch Welcome Reception | Cabo, Cape Town | |
| 17:00 - 19:00 | Dinner | Cabo, Cape Town | |

2 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|-------------------------|-------------------------|--------------------------------|
| 07:00 - 08:30 | Breakfast | Lanzerac, Manor Kitchen | Get down and dirty workout kit |
| 09:30 - 12:00 | Community Connection | Franschhoek | |
| 13:00 - 15:00 | Fearless Female Factory | Paarl | |
| 19:00 | Dinner | Stellenbosch | Smart casual |

3 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|------------------------------------|-------------------------|-----------------|
| 07:00 - 8:30 | Breakfast | Lanzerac, Manor Kitchen | Business casual |
| 09:00 - 12:00 | Business Negotiation Best Practice | Lanzerac, Taphuis | |
| 12:00 - 13:00 | Lunch | Lanzerac, Terrace | |
| 13:00 - 17:30 | Courage, Confidence & Excellence | Lanzerac, Taphuis | |
| 18:30 - 22:00 | South African Spit Braai | Lanzerac, Courtyard | Smart casual |

4 November

Day 4 is for you to rest and relax. Feel free to make use of the hotel spa, enjoying the pampering and rejuvenation your mind and body need. Maybe you want to walk the vineyards and explore the wine farm a little more. Maybe you'll join the wine tasting session in the cellar later in the day. Whatever you do, it is important to rest during our exciting but active itinerary. If you choose a particular activity or spa break, be sure to book your appointment in advance. All food and beverage is covered, at the hotel. Have a wonderful, refreshing day!

ITINERARY 2024

5 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|--------------------|-------------------------|----------------------------|
| 07:00 - 8:30 | Breakfast | Lanzerac, Manor Kitchen | Functional and fashionable |
| 10:00 - 12:00 | Table Mountain | Cape Town | |
| 13:00 | Lunch and shopping | Waterfront, Cape Town | |
| 16:00 | Sunset Cruise | Table Bay, Cape Town | |
| 18:00 | Dinner | The Gold, Cape Town | |

6 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|----------------------------|-------------------------|----------------|
| 07:00 - 8:30 | Breakfast | Lanzerac, Manor Kitchen | Shopping Savvy |
| 09:00 - 11:00 | Scent Of A Woman | Franschhoek | |
| 11:00 - 13:00 | Private Boutique Shopping | Philosophy | |
| 13:00 - 15:00 | Boutique Buffet Lunch | Mon Amour, Franschhoek | |
| 15:00 - 17:30 | Private Boutique Shopping | Easy Tiger Big Love | Smart casual |
| 19:00 | Dinner at your convenience | Lanzerac | |

7 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|----------------------------------|------------------------------|--------------------------|
| 07:00 - 9:00 | Breakfast | Lanzerac, Manor Kitchen | Smart casual fresh faced |
| 09:30 - 12:30 | Accessories And Make-Up Workshop | Lanzerac, Drawing Room | |
| 13:00 - 14:00 | Lunch | Lanzerac, Taphuis | Bring your catwalk shoes |
| 14:00 - 16:00 | Catwalk Practice | Lanzerac | |
| 18:30 - 21:30 | Dinner | Vrymansfontien, Stellenbosch | Smart casual |

8 November

| TIME | ACTIVITY | LOCATION | DRESS CODE |
|---------------|----------------------------------|-------------------------|---------------------------|
| 7:00 - 9:30 | Breakfast | Lanzerac, Manor Kitchen | Smart joggers or jumpsuit |
| 10:00 - 13:00 | Hair And Make-Up | Lanzerac, Drawing Room | |
| 13:00 - 14:00 | Lunch At Lanzerac | Lanzerac, Taphuis | Smart joggers or jumpsuit |
| 14:00 - 17:00 | Hair And Make-Up | Lanzerac, Drawing Room | |
| 18:00 - 00:00 | Catwalk To Confidence Gala Event | Lanzerac, Cellar Hall | Showstopping |