Position:

M/RAVAL Learning Journey Map

Invitation

"We invite people to live Life in Balance"

Intention Statement

- To become the recognized source of Experiences that lead to a more inspired life
- To create a company and brand that is a model for business growth with positive social and environmental impacts -"Doing Well while Doing Good"

What I enjoyed most about Immersion is:

MINDFULNESS

I am mindful in my work by practicing:

30-day landmark



One of the things a Miraval Guest expects is:

date:

date:

Something that I chose to do differently as a result of this experience . . .



Your Miraval Journey Starts Here



What I know about Miraval is:

date:



date:

Property Tour:

My department serves the guest through:

date:

CONNECTIONS

Your Learning Journey Map Continues

My job in balance

My 9 month goals for my job are:

My monthly supervisor meetings:

date:

date:

The gift I bring to my team/department is:

date:



CERTIFICATION PROCESS 90 Day Department and Property Review/Certification

Something I will carry forward with me is . . .

date:

My life in balance

My goals for my personal life are:



What I chose to do:

date:

I've completed the exercise in my Learning Guide

I attended a Community Meeting on:

My Miraval Experiences

The Miraval offerings
I have participated in are:

date:

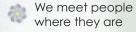
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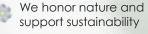
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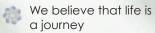
The Guideposts on your Miraval Compass will assist with your Journey...













I am now prepared to continue my journey integrating what I have discovered and learned

Check here: