SECONDACT™

retreats

Zorba The Buddha

New Delhi

2nd December–6th December, 2026

SECONDACT™

A 5-Day Personal and Professional Clarity Experience for Women at Transition Points



SecondAct Retreat is designed for women navigating meaningful transitions - in leadership, career, identity, or life direction. The experience integrates deep personal reflection with practical professional clarity, recognising that sustainable leadership decisions emerge when both are addressed together.

If you have any questions, we would be happy to help. Write to us at info@thesecondact.in

The Venue for the retreat

Set on the green outskirts of Delhi, Zorba The Buddha is a living eco-village that feels less like a pause button on the world. Across the year, it hosts hundreds of programmes that weave together spirituality, creativity, wellness and social consciousness.

World-renowned teachers, artists, healers and seekers pass through its gates, giving the space a quietly electric, ever-evolving energy. It's a village that breathes. A work of art that keeps rewriting itself.

Here, days move between reflective ponds, bird calls, bamboo structures and mud-thatch architecture that feels grounded, intentional, alive.

Contemporary design meets earth. Greenery you don't rush past. Silence you actually hear. Food that nourishes without announcing itself. There's room here to walk, to wander, to sit without needing to be productive.

For SecondAct retreats, it offers the perfect backdrop. A space that supports unlearning, becoming and quiet revelation. A place where something inside you loosens. And something new finds the courage to begin.

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How do I reach?

Zorba the Buddha is located on the green outskirts of South Delhi, close to Chhatarpur and Ghitorni, yet far enough to feel like you've slipped out of the city's grip. For those travelling by metro, the closest metro station is Ghitorni (Yellow Line).

If you're flying in, Indira Gandhi International Airport (DEL) is the nearest airport. From there, Zorba is about a 30–45 minute drive, depending on traffic and time of day.

If you're arriving by train, New Delhi Railway Station and Hazrat Nizamuddin Railway Station are both well connected to major cities across India. From either station, the venue is roughly a 45–60 minute drive.

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When do I get there & when do I leave?

No matter how you choose to travel, try to arrive with a little buffer in hand. The last stretch into Zorba gently slows you down, and that's part of the transition.

Please plan to check in at the venue by 1 pm on 2nd of December. We'll begin our journey together with an opening circle post lunch, and it's important you're settled and present for it.

The retreat unfolds over the next five days, moving at a deliberate, spacious pace. You can plan to leave for your destination by afternoon on 6th December.

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The day-wise *journey*

Day 1: Your First Act
Understanding the Path So Far

This day focuses on making sense of the journey participants have already lived- personally and professionally. Through guided reflection, leaders examine the roles they have held, the choices they have made, and the transitions they have navigated at work and at home. The intention is not evaluation, but understanding and identifying patterns, strengths, and decisions that shaped who they are today. Participants build perspective on what has served them well, and what may no longer be relevant as they move into their next phase.

Day 2: The Inner Shift
Values, Motivation, and Identity

Day two turns inward to explore what has changed beneath the surface.
Participants reflect on:
What truly motivates them today (beyond titles or expectations)
How their values, energy, and priorities have evolved
Where misalignment may be creating fatigue, confusion, or restlessness
This work connects inner awareness to leadership presence, decision-making, and career direction helping participants understand why this moment in their life or career is asking for attention.

Day 3: Designing Your Life
Reimagining Possibilities

This is where clarity meets creativity. Using life and career design principles, participants learn to reframe limiting narratives and assumptions about success, balance, and leadership. They explore multiple future possibilities without pressure to immediately commit or resign.

The focus is on expanding perspective, testing ideas safely and designing choices that are realistic, aligned, and adaptable. This approach supports both personal fulfilment and professional sustainability, especially for leaders navigating complexity rather than binary decisions.

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The day-wise *journey*

Day 4: From Insight to Direction
Making Better Choices

This day focuses on making sense of the journey participants have already lived- personally and professionally. Through guided reflection, leaders examine the roles they have held, the choices they have made, and the transitions they have navigated at work and at home. The intention is not evaluation, but understanding and identifying patterns, strengths, and decisions that shaped who they are today. Participants build perspective on what has served them well, and what may no longer be relevant as they move into their next phase.

Day 5: Shaping What Comes Next
Outcomes and Action

The final day is outcome-focused. Participants translate insight into a grounded, practical roadmap for what comes next- personally and professionally.

This includes:

Clarifying near-term and mid-term priorities

Strengthening decision-making confidence

Identifying actions that support both career impact and personal alignment

They leave with a clear sense of direction, a realistic action plan, and renewed confidence to shape their next chapter intentionally, rather than reactively.

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A note from *the facilitator*



If you are reading this, something inside you is already paying attention.

I understand how difficult it is for senior professionals to pause. To step away from responsibility, performance, and being needed — even briefly. And I understand how much trust it takes to engage in a space that asks for reflection, not just execution.

My own journey spans nearly three decades in structured, high-performance environments such as Lufthansa German Airlines and Hyatt Hotels. These experiences shaped my discipline, leadership, and resilience. They also taught me how easily clarity can get buried under constant delivery.

What changed my trajectory was not a dramatic exit, but intentional pauses — spaces where I could reflect, recalibrate, and make decisions from alignment rather than exhaustion. SecondAct Retreats are designed from this understanding.

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Over these five days, I facilitate a structured yet deeply human process — one that honours both personal truth and professional responsibility. This is not a space to fix yourself, nor is it an emotional venting environment. It is a space for clarity, perspective, and intentional choice-making.

The group is intentionally small to ensure trust, confidentiality, and meaningful dialogue. Participants are guided, never pushed. Supported, never moulded.
This work is also informed by my long-standing association with INK Women, where storytelling, lived experience, and thoughtful reflection shape leadership in powerful ways.
That philosophy quietly anchors this retreat.

This is an invitation to pause not from ambition, but from autopilot.

To listen more clearly.
And to shape what comes next with intention and confidence.

Warmly,

Archana Dutta

If you have any questions, we would be happy to help. Write to us at info@thesecondact.in

How much does it cost?

INR 75,000+

government taxes per person on twin sharing.

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Where does the investment go?

Into your high-performing women employees. Truly.

Think of this retreat as a vote of confidence. A way of backing themselves. Of course, it includes:

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A five-day immersive experience designed to support reflection, focus, and recalibration.

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A thoughtfully chosen environment that allows participants to step out of reactive mode and into strategic thinking.

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Structured workshops, facilitated sessions, and high-quality materials that support insight and application.

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All meals and accommodation, allowing participants to remain fully present without logistical distraction.

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Lifetime access to the SecondAct community, a growing network of thoughtful, experienced women navigating leadership, growth, and transition.

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What’s not included?

Travel to and from the retreat location,
including any last-mile pickups or drops

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Any medical expenses

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Personal expenses of any kind

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Laundry services and personal toiletries

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Any additional food or beverages beyond
the meals provided

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A Note on Commitment & Investment:

SecondAct experiences are created for women who are serious about living fully and intentionally. We do not offer discounts, as the depth, curation, and integrity of this work matter deeply to us. However, we do offer flexible part-payment options, so that financial structure does not become a barrier to sincere commitment. What matters most is the willingness to show up, engage honestly, and invest in yourself with intention.

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What kind of commitment does the retreat ask for?

We ask participants to be fully present for the five-day experience, as continuity and immersion are essential to the depth of work. While there will be adequate breaks to attend to urgent matters, we recommend that organisations support participants by allowing them uninterrupted time for the duration of the retreat.

This focused presence enables participants to return with greater clarity, emotional resilience, and renewed engagement, benefits that extend well beyond the retreat itself.

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