

BETTER ⚡ MAN

CHARGED

FOR MEN WHO REFUSE TO COAST



5 DAY RESET. 8 WEEK RECALIBRATION.

MARCH 2026 - RICHMOND, NORTH YORKSHIRE

THE CHALLENGE

COMFORT IS WINNING

You've built success — but it no longer feels like progress. Distraction, fatigue, and routine have dulled the edge that once drove you.

Comfort has crept in.
Purpose feels distant.

CHARGED is where
high-performing men reset.

Five days designed to rebuild
focus, discipline, and clarity —
so you return sharper, stronger,
and fully alive again with a
brotherhood for life

Not an escape.
A recalibration.

CHARGED isn't another
wellness retreat. It's the new
standard for modern men.



THE SOLUTION

CHARGED: A LINE IN THE SAND

This isn't a retreat. It's a reset. Five days to strip away the noise, confront your patterns, and reconnect with the man who builds empires, not just manages them.



PHASE 1: THE RETREAT (5 Days)

- Cold water and recovery immersion
 - Physical and mental training
 - Focused deep work blocks
 - Digital detox allocation
- Brotherhood forged in challenge

PHASE 2: THE RETURN (8 Weeks)

- Weekly challenges
- Structured accountability
 - Integration support
- No fade. No comeback. Just momentum.

WHAT TO EXPECT

5 DAYS THAT CHANGE EVERYTHING

Monday 9th - Friday 13th March 2026

Start: 11am Monday | Finish: 3pm Friday

Daily Rhythm:

- **Daily Training:** Physical and mental strength built through disciplined action.
- **Mission Over Distraction:** Purpose, focus and accountability.
- **Brotherhood for Life:** A community that demands your best, not your comfort.

You'll Leave With:

- Clarity on your next chapter
- Tools for sustained peak performance
- A brotherhood that demands your best
- The fire ignited



Are you ready to remember what you're capable of?



THE VENUE

TEMPLE LODGE, RICHMOND

*North Yorkshire's
Hidden Sanctuary*

What's Included:

- Luxury digs in an historic venue in the heart of Richmond in shared or private rooms
- Sauna access for recovery
- River access for cold water training
- Full breakfast, lunch, and refreshments
- All training materials, equipment and gym access

Not included:

- Evening meals at local establishments
- Transportation to and from the venue / Parking

INVESTMENT

CHOOSE YOUR COMMITMENT LEVEL

Shared Experience

- 3-bed shared room: £1,495
- 2-bed shared room: £1,995

Enhanced Privacy

- Double + single room: £2,495
- Private double room: £3,495 (SOLD OUT)

Limited to 10 participants

**Application deadline:
February 28th, 2026**

This investment includes Phase 1 retreat
and Phase 2 integration programme





WHAT TO BRING

PACK FOR TRANSFORMATION

Essential Kit:

- Comfortable clothing for 5 days
- Gym kit for daily training
- House slippers, clothing
- Water bottle & insulated mug
- Walking/running shoes & warm clothing
- Swimmers, swim shoes, towel
- Old towel for sauna use
- Your own pillow (optional)
- Any personal snacks
 - MacBook or work station

Leave Behind:

- Usual work tasks
- Excuses
- The version of yourself that settles

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APPLICATION

READY TO BE CHARGED?

This experience isn't for everyone. It's for men who:

- Know they're capable of more
- Are tired of operating below their potential
- Want brotherhood, not networking
- Are ready to do the work

Next Steps:

1. Complete application at www.better-man.co.uk/apply
2. Schedule brief qualification call
3. Secure your place with deposit
4. Prepare for transformation

Questions?

Contact: info@thebetterman.co.uk | 07717 155760

REMEMBER: This is a line in the sand.

The question isn't whether you can afford to do this.

The question is whether you can afford not to...

