



CIYO

“Coming Into Your Own”

**Women’s Inner Leadership
Program**

24 - 27 April 2025

RAK, UAE



**ARE YOU READY TO
EMBRACE YOUR
FULL POTENTIAL?**

- Are you experiencing a life transition and searching for your inner purpose?
- Do you find yourself juggling various roles (such as mother, wife, daughter, working woman, etc.), feeling overwhelmed by the constant demands of life?
- Have you ever felt that in the pursuit of success, you’ve neglected essential parts of yourself?
- Are you yearning for a sense of fulfillment that seems to elude you despite your achievements?
- Do you sometimes feel empty, burned out, or invisible, even though you’ve accomplished so much?



Coming Into Your Own is an inner leadership development program for women, who want to step into the life they were born to lead, and are interested in engaging in the process of reflection, exploration, and regeneration.

Many women discover that while they have excelled in certain areas, they have left vital aspects of themselves behind. True fulfillment comes from living as a whole – nurturing the mind, heart, body and spirit.

Offered worldwide for over 25 years, CIYO is designed to help women reclaim those parts, ensuring that every facet of their being is acknowledged, nurtured, and celebrated, bringing forth and fully developing their potential.

At CIYO you will delve deep into who you are, who you have been, and who you want to become. CIYO will lay a foundation for you to reconnect with your full potential and live a balanced life where every role you play is a testament to your whole and authentic self.

WHAT YOU WILL EXPERIENCE

Your journey will start with a one-on-one virtual session for connection and intention-setting. During the 3,5 day retreat, you will:

- Explore ages and stages unique to women – discovering where you are and where you are heading
- Draw on and shed light on your personal life story which has brought you to this point in your life
- Identify and address current and emerging challenges, looking at them from different perspectives
- Gain clarity on dealing with barriers that stop you from harnessing your full power
- Discover what wants to emerge from within so that you live in your wholeness
- Learn tools and practices to support you in the new phase of your life

While transitioning to your new chapter, we will support you with a follow-up virtual coaching session.

YOUR PROGRAM GUIDES



BURCU ÇAKIN

A compassionate mirror for her coachees, a learner in her trainings, a safe shelter for her two children, a missionary for diversity and inclusion, and a cocoon for women birthing their new selves, Burcu supports individuals searching for meaning, purpose, new direction or their wholeness. She works as a leadership, transformation and team coach, a circle facilitator, while also training and mentoring professional coaches. As part of the global faculty for CIYO - she has been offering the program in Turkey and internationally, since 2011.



POLEN GÖKBÜGET

Polen's journey is deeply rooted in a profound commitment to transformation and wholeness. As a CIYO faculty leader since 2018, she supports women in reclaiming their power. In 2023, she became a Council Guide after completing 2.5 years of training in the Origin Teachings of the Delicate Lodge, an ancient pre-Mayan tradition. Her intercultural awareness began as a teenager in a US government fellowship program. This, combined with her immersion in pre-Mayan wisdom and life in the UAE, has deepened her understanding of how societies shape thought, connection, and meaning. Polen is committed to guiding others in awakening to their true selves and fulfilling their sacred dreams.

PROGRAM DETAILS

VENUE

Cove Rotana Resort, RAK, UAE

Wail Filhan

event.manager@thecoverak.com

PRICING

Participation Fee (All-Inclusive: Program, Full-Board Accommodation, Taxes)

- Single Room: AED 7,500 per person (early-bird: AED 7,000)
- Double Room: AED 6,660 per person (early-bird: AED 6,200)

Early Bird Offer is available until March 8th, Women's Day.

DATES

Program starts on April 24th at 3 PM

Program ends on April 27th at 3 PM



WHAT OUR ALUMNI SAY ABOUT THEIR EXPERIENCE



“Being quite reserved, I thought sharing in a group might be a challenge, but I was surprised how quickly everyone felt safe to share personal stories and show vulnerability. The feeling of trust between all the women is what really struck me.”

Rachel, France

“CIYO is a fantastic opportunity to pause and reflect on various aspects of your life guided along by wise and inspiring women in a very safe environment.”

Nana Efua, UK

“CIYO is for women who are ready to empower themselves to lead their ideal lives. If you want to have more clarity on your life purpose, how your past can become your strength, how to see what is hidden inside you, this is the right programme for you.”

Melek Okay, Türkiye

“CIYO encourages transparency and authenticity by providing a safe and open environment. Here, women can compare their experiences, generating the enormous power of solidarity.”

Michelle, USA

“Life changing, ground breaking, but in a very gentle and delicate manner.”

Sedef Köni, Türkiye

“CIYO offers a chance to reconnect to our authentic self, deep purpose, passion and intentions. To have a closer look at the conscious and subconscious patterns and currents that have determined our choices and taking steps towards a life of full integrity.”

Judith Aartsma, NL

“It was the encounters with the other women that are still deeply rooted in me. By sharing their stories, they helped me answer the questions I had brought along.”

Mandy, Germany

For any questions or registration:

Polen Gökbuget

gokbuget1@gmail.com

+971 58 276 3356 (for Call)

+90 532 316 7275 (for Call & WhatsApp)

For further information about CIYO:

www.ciyoglobal.com