

# *The Return Path™* *Speaking & Facilitation Guide*

*Embodied self-leadership experiences for organisations, leadership communities,  
and women navigating transition.*



Yvonne Bignall

Embodied Self-Leadership Guide, Facilitator & Speaker

# *Introduction*

Yvonne Bignall is an Embodied Self-Leadership Guide, Facilitator, and Speaker whose work helps women and leadership communities interrupt urgency and reconnect with steadier, more sustainable ways of living and leading.



Blending embodied awareness, nervous system understanding, reflective practice, and real-life leadership experience, Yvonne creates spaces that are insightful, practical, and deeply human.

Her work is rooted in The Return Path(TM), a cyclical framework designed to help individuals and organisations move from urgency and over-functioning into greater clarity, self-trust, and sustainable leadership..



## *Signature Talks & Experiences*

### *1. From Urgency to Embodied, Self-Led Leadership*

***Ideal For: Leadership teams, women's leadership events, organisational wellbeing programmes, conferences.***

Outcomes:

- Recognise how urgency and over-functioning impact decision-making
- Experience practical nervous system regulation and grounding tools
- Learn a repeatable rhythm for navigating pressure and uncertainty
- Reconnect with steadier, more intentional ways of leading
- Identify sustainable practices that support clarity, resilience, and self-trust

**Format: Keynote - Workshop - Leadership Experience**

**Ways To Work Together: Keynote from £1,500 | Half Day from £2,500 | Full Day from £4,000**

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### *2. The Return Path(TM) - Sustainable Leadership*

***Ideal For: Organisations navigating change, leadership retreats, people and culture teams, wellbeing initiatives.***

Outcomes:

- Understand the relationship between pressure, performance, and nervous system response
- Identify patterns of urgency, depletion, and reactive leadership
- Learn how to interrupt cycles of over-functioning and disconnection
- Build greater emotional steadiness and self-awareness
- Create sustainable leadership practices rooted in clarity and presence

**Format: Workshop - Leadership Session - Retreat Facilitation**

**Ways To Work Together: Webinar from £600 | Half Day from £2,500 | Retreat Facilitation: POA**

### ***3. Midlife, Meaning & A Different Way Forward***

***Ideal For: Women's organisations, leadership communities, wellbeing events, community spaces.***

Outcomes:

- Explore the emotional and psychological shifts that often emerge during midlife
- Reconnect with self-trust, clarity, and embodied wisdom
- Challenge inherited narratives around productivity, visibility, and worth
- Identify what matters most in this next chapter of life
- Leave with reflective and practical tools for sustainable self-leadership

**Format: Keynote - Fireside Conversation - Workshop**

**Ways To Work Together: Speaking Session from £1,250 | Workshop from £2,500**

### ***4. Pause - Notice - Return***

***Ideal For: Reflective leadership sessions, retreats, wellbeing programmes, restorative spaces.***

Outcomes:

- Experience the core principles of The Return Path(TM) in a practical and embodied way
- Develop greater awareness of internal pace, pressure, and emotional response
- Reconnect with presence, clarity, and what feels true
- Learn restorative practices that support everyday steadiness and resilience
- Strengthen emotional regulation, reflection, and self-awareness

**Format: Guided Experience - Workshop - Retreat Session**

**Ways To Work Together: Guided Session from £950 | Workshop from £2,500**



## ***The Return Path™ Difference***

- Reflective and practical, rooted in lived experience
- Grounded in nervous system awareness and embodied leadership
- Spacious, emotionally safe, and deeply engaging
- Designed for sustainable integration rather than short-term motivation

Delivery Formats: Conferences - Leadership Retreats - Corporate Wellbeing Programmes - Women's Leadership Events  
- Online Sessions - Community Experiences



## ***Enquiries***

To explore a speaking, facilitation, or collaborative experience, please get in touch.

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Important Notes:

- All prices exclude travel and accommodation needs.
- Retreat facilitation is POA as pricing depends on location, duration, and specific organizational requirements.