

Client Legacy Retreat
Region Singapore
Date April 2013
Publication Singapore Women's Weekly
Headline Life-changing Holidays

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THE SINGAPORE Women's Weekly

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FAB NEW TRENDS TO SUIT YOUR BODY + WAYS TO WEAR THEM



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Crystal Lim-Leahy with her children, Sean, 13; Finn, five; and Dylan, three.

WOMEN SHARE

Life-changing HOLIDAYS

Travelling opens your eyes and exposes you to new things. For these women, a break inspired them to venture on a different path to find new purpose By **ELLEN WHYTE**

**"I went on a retreat
and reinvented myself"**

Crystal Lim-Leahy, 34
Founder of the Legacy Retreat

Juggling a hectic career in investment banking and stocks left Crystal with no time for her family. And then things got worse.

"After the birth of my third child, Dylan, I realised quite suddenly that my marriage was in trouble," she recalls. "My husband and I had grown apart. It was partly due to our jobs – his was very stressful, with 15- to 20-hour work days and constant travel, even on weekends and holidays.

"We were well paid; but no matter how much we had in the bank, it never seemed enough," she adds. "We were so stressed that we were unable to enjoy even the simple pleasures of watching our kids grow up."

After a six-month separation, Crystal and her husband, Mark, decided to visit Australia to do the Legacy Retreat, an eight-day therapy

course. "We learnt self-awareness, personal responsibility and how to break our self-defeating behaviours. We started communicating effectively without any power struggles."

The couple was so inspired by what they learnt that they both gave up their high-powered careers and moved to rural Australia. Reveals Crystal, "I went from having two maids and a chauffeur in Singapore to cooking, making beds and learning how a septic tank worked. Mark changed nappies, chopped trees and tended the vineyard. Physically we were exhausted, but spiritually we were full. It was a healing time for the family."

She overcame a few doubts too. "There were times when I desperately missed Singapore. But I survived and learnt that I could handle anything."



After two years, Crystal and Mark decided to return to Singapore. But instead of going back to her old ways, Crystal set up the Legacy Retreat here. In addition, she spends her mornings and late nights working as a trader.

"Now I joke that I'm an equities trader in the morning, a businesswoman in the afternoon and a mother in the evening. Going on that retreat was the best decision I ever made."

The Legacy Retreat is a holistic therapeutic programme that encourages professionals to follow their passion and discover a sustainable way of living. Visit www.thelegacyretreat.com or email info@thelegacyretreat.com.