

CONFIDENCE BOOST

Peak Retreats has also launched a new online ski confidence coaching course for clients. The course, in collaboration with mindset coach Louise Pode, dovetails perfectly with the smaller hidden gem resorts for which Peak Retreats is known, such as Val Cenis, which combine quieter slopes with a traditional village atmosphere.

Over five online live group sessions, clients will learn effective tools to help them feel calmer and more in control on the slopes. Designed to help those who feel anxious about their skiing or want to ski with more confidence, the course would also suit someone returning to skiing after a break.