

Time to book a treat

Improve your skiing and have a ball in the French Alps resort of La Rosiere with Ski Confidence Week from March 13-17 next year. The experience combines mindset coaching, small group ski tuition and a relaxed, sociable short break. It's aimed at skiers who may feel nervous, out of practice or less confident than they once were, and are looking to reconnect with the enjoyment of skiing. Alison Willis, managing director of Peak Retreats, said: "We know how much joy skiing with family and friends can bring. "Speaking with clients who'd experienced anxiety about their skiing, whether from being pushed to go beyond their comfort zone or as a result of shifts in their life experience, highlighted the desire for a way to get back to the simple pleasure of skiing. "We wanted to create a trip where everyone could come together as a group, meet like-minded people, prioritise both themselves and their skiing and come away feeling confident and relaxed." Ski Confidence Week allows you to ski in a way that feels right for you.

Ski Confidence Course

It all starts with a live online Ski Confidence Course led by Ski Mindset Coach Louise Pode. Delivered over four sessions in the weeks leading up to departure, the course explores the causes of ski anxiety and provides practical tools to manage nerves in the lead-up to skiing and on the slopes. Then you travel to La Rosiere, known for its wide, quiet pistes and sunny aspect. Ski Confidence Week includes four nights at the four-star Alparena Hotel and Spa, pre-trip live online Ski Confidence Course and post-trip follow-up session, three mornings of private small group ski instruction, three-day lift pass and ski equipment hire, daily continental breakfast and three-course evening meals, travel options including rail from London with shared transfer to resort or shared transfer from Geneva for those opting to fly (on designated flights). There are dedicated Peak Retreats hosts throughout, places are limited to maintain a small and supportive group dynamic. Ski Confidence Week takes place from March 13-17 2027. Prices start from £1,754 per person and can be secured with a low initial deposit of just £200. For more information about Peak Retreats' Ski Confidence Week, visit peakretreats.co.uk