



'Exploring the Enneagram I'

Parcevall Hall Retreat

**Appletreewick
Skipton
North Yorkshire
BD23 6DG**

Tuesday 15th October – Thursday 17th October, 2024

"If we observe ourselves truthfully and non-judgmentally, seeing the mechanisms of our personality in action, we can wake up, and our lives can be a miraculous unfolding of beauty and joy."

Don Richard Riso



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Why come on an 'Exploring the Enneagram I' retreat?

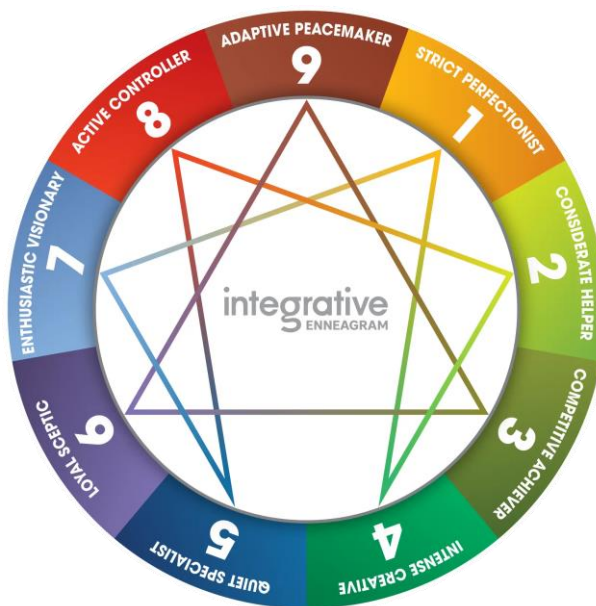
Within our daily lives, we can find ourselves being busy, with time passing quickly, responding to the expectations of others and ourselves. Often, we can lose our sense of self, and feel out of sorts. On occasions, we may experience some anxiety, and sense that we aren't progressing or growing.

Going on a retreat is an opportunity to slow down and re-connect with ourself. It is from this place, our true self, that we can draw upon insights, and grow psychologically and spiritually, supporting us along our own path. With origins in ancient wisdom and teachings of mathematicians, philosophers and theologians, the Enneagram provides a psychological and spiritual lens for our personal growth.

As a word, Enneagram comes from the Greek Ennea, which means 'nine' and Gram, which means 'written' or 'drawn'. Represented as a geometric figure, the Enneagram points to nine psychological archetypes (types), or different ways of relating or reacting to the world. As a doorway to self-discovery and self-awareness, it is a powerful tool for transformation that can replenish our spiritual energy by helping us to reconnect with our true self, our most authentic way of being.

The 'Exploring the Enneagram I' Parcevall Hall retreat is for anyone of us who is:

- New to the enneagram who is curious about how it can support our personal growth
- Tired and wanting to break free of old, repeated patterns of behaviour
- Sensing that there is more to learn and is intuitively drawn to the Enneagram
- Open to growing spiritually and is wanting to connect with our true essence
- Drawn to slowing down, and experiencing the beauty and joy that life offers
- Studying, working, or not working



*"There's a part of every living thing that wants to become itself,
the tadpole into the frog, the chrysalis into the butterfly, a
damaged human being into a whole one. That is spirituality."*

Ellen Bass

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What will the retreat be like?

Retreat facilitator Cathy Brown has a supportive, empathic style and will create a safe, intimate space where everyone is given an opportunity to share and be heard without judgement. The retreat will run over the course of three days with a small group of retreatants.

Our retreat experience will begin before arriving at Parcevall. In our preparation you will have the opportunity to complete the Integrative Enneagram online questionnaire. This enables you to access the Enneagram wisdom, and will lead to the creation of your own 23-page Integrative Personal Enneagram Report. Following this, there is a chance to begin to engage more deeply with the Enneagram, and explore what it means to you, supported by a one-hour virtual coaching conversation with Cathy.

On arriving at Parcevall, our retreat sessions will be facilitated from the Milner Room, our own private room within Parcevall Hall, which looks down the gardens, across the valley. Parcevall Hall is a beautiful Grade II Listed manor house situated in Arts and Crafts style, award-winning gardens, nestled within Wharfedale in the Yorkshire Dales.

The retreat process naturally unfolds. Having been introduced to the Enneagram, we will understand and engage further with our own type, understanding how it was formed, what it means and our growth path from both a psychological and spiritual perspective.

"Parcevall offers a beautiful and nurturing space. Amongst the call of the curlews and the running of the young deer, it offers a special place to re-connect, listen and grow."

Cathy Brown



Over six conversations there will be a gradual uncovering of insight offered to us by the Enneagram. After understanding the Enneagram's origins, we will explore the nine different types and how they formed during our early years. From here we will explore our growth path of integration within each type, drawing upon our wings and lines of stress and release. Also, we will explore our centres of expression.

There will be a careful balance of guided group discussion, personal reflection, short input sessions sharing insights supporting personal growth and integration. Retreatants will be invited

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to complete reflective activities between each session, and engage further with their own report and additional texts available to us.

Also, there will be free time to explore the beautiful gardens, welcoming valleys and wild moors of Wharfedale.



"One of the ego's main defences against experiencing our Essence is the belief that spirituality is something [...] very far away. In fact, it is closer than we think. The good news is that you are already here: your Essence already exists entirely and perfectly. Spiritual progress involves seeing what is right under our noses - really, what is right under the layers of our personality. Spiritual work is therefore a matter of subtraction, of letting go, rather than of adding anything to what is already present."

Don Richard Riso

Fees and dates:

The **'Exploring the Enneagram I' Retreat at Parcevall Hall** will be held between Tuesday 15th October and Thursday 17th October, 2024. We will start at 4pm on Tuesday 15th October and finish at 2pm on Thursday 17th October, 2024.

The fees are £449 (including VAT), which includes: completion of the Integrative Enneagram online questionnaire, your own 23-page Integrative Personal Enneagram Report*, a one-hour pre-retreat coaching conversation, the retreat experience, the retreat journal, all meals, refreshments and accommodation in Parcevall Hall on the two nights of Tuesday 15th October and Wednesday 16th October, 2024.

*Integrative Enneagram Solutions (Integrative) is a market-leading organisation (www.integrative9.com) in helping individuals, teams and organisations to grow through drawing upon the Enneagram wisdom. Through drawing upon statistical science, technology and applied psychology, Integrative has codified the Enneagram. Through using adaptive, intelligent technology, it enables each of us to individually access and draw upon the insights available to support our psychological and spiritual growth. It is the most valid Enneagram assessment in the world, with it being used with 4,000 practitioners in over 25 countries; over

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250,000 individuals have drawn upon its insights, and it is used within organisations, including Google, LinkedIn and Apple to support the psychological and spiritual growth of their teams.

How to book:

For more information about the retreat please contact Cathy Brown at cathybrown@evolve.eu.com

To book on the retreat please complete the application form and send this to Cathy Brown at cathybrown@evolve.eu.com . To secure your booking a £120 (including VAT) deposit (non-refundable and non-transferable) is required at the time of booking. Full payment is required six weeks before the retreat. Cancellation charges: less than six weeks before arrival - 100%.

Retreat facilitator:

Dr Cathy Brown

Cathy is a Chartered Occupational Psychologist who runs her own organisational development consultancy (www.evolve.eu.com) where she works with individuals, teams and business to manage transitions and change.

Within her areas of expertise, she writes books (under the brand Testing the Water®), articles, speaks at conferences and is a guest lecturer on Masters courses at several universities. More latterly, she has been awarded a PhD within field of career mobility. Cathy is an Integrative Enneagram Solutions practitioner.



In addition, Cathy helps to give challenged individuals a helping hand through life transitions (www.evolutransitiontrust.org). Clients describe Cathy as being warm, empathetic and authentic that enables them to learn and grow.

"Having worked with Cathy for many years, I have recently attended her 'Time to Pause' Retreat. Cathy is a great coach and fantastic person.

Her 'Time to Pause' Retreat was a safe and supportive space to enable reflection and exploration of yourself without the noise and distraction of the outside world.

I would definitely highly recommend!"

Sue Whurr

"I have just been on a wonderful retreat run by Cathy Brown. The lovely calm atmosphere of the retreat, the structure of having four different conversations, the fluidity of each conversation with input from Cathy, the pair discussions and the small intimate group all contributed to a meaningful and refreshing two days away from everyday life.

The beautiful surroundings of Parcevall Hall were an added bonus!"

Gilly Freedman

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"I attended Cathy's Retreat – 'Re-Discovering Your Best Self' at Rydal Hall in the Lake District last month (October 2022). I was a bit apprehensive as I wasn't sure what to expect, not having attended a retreat before. Cathy facilitated the 2-day event with her colleague Mike Mullins.

Cathy had clearly worked hard to create the best possible venue and atmosphere to enable myself and our small group to feel welcome, safe to explore such an emotive topic.

Cathy is extremely intuitive and receptive to everyone's needs and emotions, and guided us gently throughout the event, knowing when to support and guide discussion and when to allow the silence to carry us.

A really wonderful retreat which I would highly recommend."

Karen Munro

"I attended 'Re-Discovering Your Best Self' Stay at Home Retreat, designed and delivered by Cathy Brown and Mike Mullins.

Cathy and Mike's calm and considered approach with inspirational story-telling with well-designed sessions providing feedback, including from other participants, provided invaluable in helping me to discover my values and anchors. I am now inspired with a reinvigorated self-belief to explore new opportunities.

I absolutely recommend the retreat to anyone at a career or life cross-roads."

Ali Amirkhalili

"Cathy led a fantastic leadership retreat that I attended. It was well-designed, brilliantly delivered and having it delivered remotely meant it fitted well into my other commitments.

It was well worth the investments; I found the exercises to be insightful and thought-provoking.

They absolutely helped me to get clarity on challenges and the direction I want to take.

I would definitely recommend Cathy's work to others."

Cat Tarbuck

"I was recently a participant on Cathy's 'Building Resilience Retreat' in rural North Yorkshire. It was a wonderful and insightful course. Cathy's knowledge, sharing and nurturing of the group has given me so much personal learning.

I wouldn't hesitate to recommend her retreats (I've booked on the next one!)."

Sue Jackson

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