



'Exploring the Enneagram I' Retreat

**Parcevall Hall
Appletreewick
Skipton
North Yorkshire
BD23 6DG**

Friday 27th February – Sunday 1st March, 2026

"The privilege of a lifetime is to become who you truly are."

C G Jung



Flyer

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

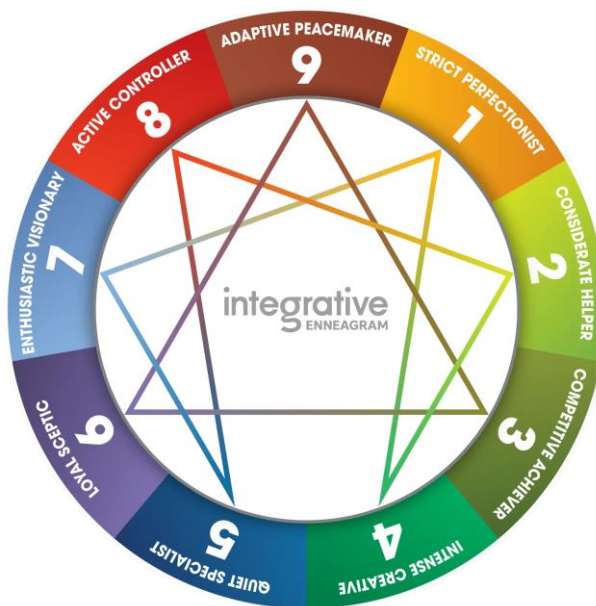
Within our daily lives, we can find ourselves being busy, with time passing quickly, responding to the expectations of others and ourselves. Often, we can lose our sense of self, and feel out of sorts. On occasions, we may experience some anxiety, and sense that we aren't progressing or growing.

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 how we connect in with our essence.

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 Friday 27th February – Sunday 1st March, 2026. We will start at 4pm on Friday 27th February and finish at 2pm on Sunday 1st March, 2026.

The fees are £385 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 (private bedroom and shared shower, bath and toilet facilities) in Parcevall Hall on the two nights of Friday 27th February and Saturday 28th February, 2026.

*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

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assessment in the world, with it being used with 4,000 practitioners in over 25 countries; over 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**](mailto:cathybrown@evolve.eu.com)

To book on the retreat please email admin@parcevallhall.org.uk. To secure the completion of an application form is required at the time of booking. Full payment is required three months before the retreat. Cancellation charges: less than two months before arrival - 100%.

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Retreat facilitator:

Dr Cathy Brown

I am a Chartered Psychologist (registered with the British Psychological Society and Health and Care Professions Council), consultant and writer. Over the last 25 years, I have supported individuals, teams and businesses through transitions and change. For many years I worked with the global management consultant, HayGroup (now Korn Ferry), and since 2004 I have run my own consultancy evolve www.evolve.eu.com.



I love supporting clients through transitions, and helping them to realise their own possibilities. In this space, I develop and share insights, and weave these into my own personal and client practice. Also, I research, write and publish thoughts. In terms of books, I have published three transition guides under the brand Testing the Water®, and I often publish practitioner and academic articles within UK-based and international journals (I have a profile on Google Scholar). Furthermore, I regularly speak at seminars and conferences. More latterly, I have been awarded a PhD within the field of career mobility. In addition, with three other trustees I help to give challenged individuals a helping hand through life transitions www.evolve.transitiontrust.org. In particular, since 2012 we have helped special needs' students get ready for the world of work. Clients often describe me as being warm, empathetic and authentic.

If you are wanting to get more of a feeling of what it would be like to attend one of the retreats that I guide, then I enclose here some testimonials to give you more of a sense:

"I had the privilege of attending Cathy's "Time to Pause" retreat at Parcevall Hall in the heart of the stunning Parcevall Gardens in North Yorkshire. The setting alone is inspiring, a peaceful estate whose terraces, woodlands and hidden pools invite reflection and calm.

What truly made the experience exceptional, however, was Cathy's remarkably empathic leadership. From the very first "Arriving and Connecting" conversation, she created a safe, judgment-free space where a small, diverse group of participants, only four to six people, could be entirely themselves. Cathy listens deeply, notices the unspoken and skilfully balances different personalities so that each voice is heard and valued.

Across six thoughtfully structured conversations spread over three days, Cathy blended guided reflection, gentle questioning and generous silence. Her approach helped me uncover insights about where I am, what I want next and, crucially, what I can release to move forward. The rhythm of group dialogue, followed by solo journaling or quiet walks in the gardens, ensured that every exercise was well-integrated.

I left the retreat energised, grounded and equipped with a clear personal next chapter. If you are seeking time out to recharge, gain clarity or navigate a life transition, and you want a facilitator who combines professional expertise with genuine human warmth, I cannot recommend Cathy Brown and her "Time to Pause" retreat highly enough.

Cathy helps you hear your own wisdom, and that is a gift that endures long after the retreat ends."

Stefan Ljutzkanov

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"Recently I attended Cathy's Enneagram Retreat at Parcevall Hall. What I loved about it was the preparation, having the report in advance, allowing time for reflection ahead of the retreat. It allowed me to explore more deeply the questions that I was bringing and the wisdom that the Enneagram was offering to me.

This facilitated freer sharing and curiosity, and a safe space to foster the groups endeavour of deeper learning. The Enneagram holds a lot of wisdom, and has helped me to see the edges of my development."

Sue Jackson

"I thoroughly enjoyed my Enneagram retreat led by Cathy Brown. The insights from the Enneagram blew my mind.

Thanks for the experience, I would highly recommend it."

Helen Hardy

"I attended Time to Pause at Parcevall Hall in June 2024 and May 2025. By way of background, I have been an executive coach for over 30 years and attended many leadership workshops. Time to Pause is very different as it is a guided retreat.

Cathy is exceptional in so many regards. The content of the retreat reflects her broad and deep experience. The models and frameworks she has created and shares are highly professional yet she is careful to introduce them lightly and in context. Before the retreat Cathy took time and full attention to understand each of us and what we are looking for. From these individual conversations Cathy then put together some guided sessions.

These guided sessions enabled me to be highly reflective and move forward in many areas of my professional and personal life and have prompted further learning and development. I plan to attend further retreats.

As a person Cathy models the frameworks and learning. Highly intelligent in both IQ and EQ. She is so generous with her time, knowledge and experience and always kind and gentle with a great sense of fun and humour. Cathy is driven by a strong sense of purpose and this is reflected in her actions and being as well as in her work.

Parcevall provides a lovely setting for the retreats."

Retreat Participant 2024 and 2025

"I recently attended one of Cathy's retreats, 'Time to Pause'. It was the first retreat I had attended, and I will definitely be attending another of Cathy's.

Cathy created an atmosphere where I felt 'lightly held' which enable me and the rest of the group to explore and share, there was guidance and a workbook, but with the wisdom and recognition that we went where the conversation took us.

If you are looking for a retreat, which gives you time to explore what you want, peace and space, I suggest you talk to Cathy."

Tanya Lee

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"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 recently spent a most engaging weekend with Cathy Brown studying the Enneagram. Cathy managed to make a very complex subject both clear and enjoyable. The structure of the programme, the telephone conversation before the weekend and the journal summarising the ideas shared, meant that there was an excellent framework for delving further after the weekend.

Cathy's care of all of us exploring the Enneagram together was very evident and whatever our questions were, they were all handled sensitively. I feel that I have a greater awareness of my personality, its strengths and weaknesses, and the tools to cultivate it, after this immersion in the Enneagram with Cathy."

Anna Botwright

"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

"I attended Cathy's Retreat – 'Re-Discovering Your Best Self' at Rydal Hall in the Lake District last month. 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 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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