

## ***‘Re-Discovering Your Best Self’***

### **Rydal Hall Retreat**

Rydal, Ambleside, Cumbria, LA22 9LX

**Friday 6<sup>th</sup> October – Sunday 8<sup>th</sup> October, 2023**

*“Make visible what, without you, might never be seen.”*

Robert Bresson



Emerging from the COVID-19 pandemic you may be experiencing challenging living and working conditions which might have left you feeling uncertain, disorientated perhaps even a bit lost. These pressures and for some, just slowing down and having had time to notice and reflect on your life, may be prompting some big questions: *‘Do I want to continue leading my life this way?’*, *‘Is this really the work I want to do?’* *‘What would really make me fulfilled and happy?’* *‘What’s the right thing to do?’*. You might be considering what you want from your life as things begin to re-establish, what will bring greater meaning and fulfilment for you?

Going on a retreat is an opportunity to ground ourselves in our true identity, to re discover our true self. It is from this place, our “inner compass”, that we are best placed to make decisions and choices about the big things in our lives: work, relationships, love and leadership.

The retreat process is twofold. The first part is an inner journey exploring what your life experiences have taught you about who you are. The second stage is an outer journey. An exploration of how you can be the best expression of your true self going forward.

With 'Re- Discovering your Best Self' Retreat you can go on a powerful, reinvigorating retreat journey with up to five other companions facing similar challenges, guided by two experienced retreat facilitators, over the course of three days set in the stunning beautiful restful gardens of Rydal Hall next to Rydal Water in the Lake District.



*"You must come away to some lonely place all by yourselves and rest for a while."*

William Wordsworth



## The 'Re-Discovering your Best Self' Rydal Hall retreat is for anyone who is:

- Bored, stuck in a rut, not knowing what they want
- Going through a major life transition: finding work, retirement, divorce, bereavement
- Faced with big opportunities but uncertain as to how to proceed
- Facing a life dilemma, they're struggling with
- Feeling like they are only just getting through each day, surviving life
- Studying, working, or out of work

## Style and approach

Retreat facilitators Cathy Brown and Mike Mullins have 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 up to six retreatants. Retreat sessions will be facilitated from The Library, our own private room within Rydal Hall, and will focus on a pattern of guided personal reflection and small group sharing and discussion. Retreatants will be invited to complete personal reflective activities between each session. The three-day flow looks like this: Session 1 – Introductions and motivations Session 2 – How did I get here? Session 3 – What do I want? Session 4 – Change and transition Session 5 – Who am I at my best? Session 6 – Moving forward.

*"Be patient toward all that is unsolved in your heart and try to love the questions themselves"*

Rainer Maria Rilke

## Fees and dates:

The 'Re-Discovering Your Best Self' Retreat at Rydal Hall will be held between Friday 6<sup>th</sup> October – Sunday 8<sup>th</sup> October, 2023. We will start at 4pm on Friday 6<sup>th</sup> October and finish at 3pm on Sunday 8<sup>th</sup> October, 2023.

The fees are £479 (including VAT), which includes: the retreat experience, the retreat journal, all meals, refreshments and accommodation in Rydal Hall on the night of Friday 6<sup>th</sup> October and Saturday 7<sup>th</sup> October, 2023.

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 complete the application form and send this to Cathy Brown at [cathybrown@evolve.eu.com](mailto:cathybrown@evolve.eu.com). To secure your booking a £120 (including VAT) (non-refundable, non-transferable) deposit 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 facilitators

### Mike Mullins

Mike is an experienced coach and facilitator who takes a creative, strengths-based approach, helping people learn from their successes and what they do best. He has a Masters in psychology and over twenty years' experience coaching individuals and facilitating teams in a range of different organisations and countries. Mike has a particular interest in how we can release the best in ourselves and others, how we can develop our personal power and voice, manage transition and be resilient in turbulent times. Clients describe Mike as having a warmhearted, genuine and supportive nature that allows them to relax and trust.



*"Cathy and Mike have designed a wonderfully engaging retreat which has allowed me to develop my thinking surrounding personal values, barriers to making change and steps for moving forward. If you*

*are looking to explore making a change in your life within a supportive, warm and empathetic environment, this retreat is fully recommended. A well-planned mixture of meditation, guided discussion and thought-provoking activities, the retreat has given me the perfect springboard to start my journey into rediscovering my best self. Thank you, Cathy and Mike!” Sophie Hall*

### **Dr Cathy Brown**

Cathy is a Chartered Occupational Psychologist who runs her own organisational development consultancy ([www.evolve.eu.com](http://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. In addition, Cathy helps to give challenged individuals a helping hand through life transitions ([www.evolve.transitiontrust.org](http://www.evolve.transitiontrust.org)). Clients describe Cathy as being warm, empathetic and authentic that enables them to learn and grow.



*“Cathy and Mike led a fantastic 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 investment; 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 and Mike’s work to others.” Cat Tarbuck*