



'Time to Pause'

Parcevall Hall Retreat

**Appletreewick
Skipton
North Yorkshire
BD23 6DG**

Monday 20th March – Wednesday 22nd March, 2023

"Your visions will become clearer when you look into your own heart."

Carl Jung



career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

Why come on a retreat?

As the COVID-19 pandemic recedes and our lives re-emerge, you may be experiencing challenging situations in your work and life, which might leave you feeling stressed, disorientated, and even a little lost.

These pressures, and with the speeding back up of the world and our lives, may be prompting you to ask yourself some big questions: 'What do I really want?', "What is my next step in my life? "What is important to me?" "What's the right thing to do?". You might be considering what you want from your next life chapter, what will bring fulfilment and joy for you?

Going on a retreat is an opportunity to slow down, and re-connect with yourself. It is from this place, our true self, that we are best placed to make decisions and choices about the big things in our lives: work, relationships, love and leadership.

The 'Time to Pause' Parcevall Hall retreat is for anyone who is:

- Tired and needing time to recharge
- Feeling lost, disorientated, and a little out of sorts
- Going through a major life transition: finding work, retirement, divorce, bereavement
- Facing big opportunities but uncertain as to how to move forward
- Grappling with a life dilemma
- Studying, working, or out of work

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

Rainer Maria Rilke

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 up to six retreatants.

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 is twofold. The first part involves reconnecting with yourself, and your inner voice, tapping into your own intuition. The second stage is an outer journey. An opportunity to surface and clarify through vocalising with others and developing your thoughts and ideas.

"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

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited



Over six conversations there will be a careful balance of guided group discussion, personal reflection, short input sessions sharing insights supporting personal growth and wellbeing and small group sharing. Retreatants will be invited to complete personal reflective activities between each session.

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



*At the source of the longest river.
The voice of the hidden waterfall
And the children in the apple-tree
Not known, because not looked for
But heard*

TS Elliott

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve

Fees and dates:

The **'Time to Pause' Retreat at Parcevall Hall** will be held between Monday 20th March and Wednesday 22nd March, 2023. We will start at 4pm on Monday 20th March and finish at 3pm on Wednesday 22nd March, 2023.

The fees are £310 (including VAT), which includes: the retreat experience, the retreat journal, six meals, morning coffee, afternoon tea and accommodation in Parcevall Hall on the two nights of Monday 20th and Tuesday 21st March, 2023.

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



"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

"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

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve