



'Time to Pause'

Parcevall Hall Retreat

Appletreewick

Skipton

North Yorkshire

BD23 6DG

Friday 31st May – Sunday 2nd June, 2024

*"Your visions will become clearer when you look into your own heart.
Who looks outside, dreams; who looks inside, awakens."*

Carl Jung



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Why come on a retreat?

Often in our life we can become very busy, focusing on doing things through our day, responding to expectations from others and ourselves. It can be easy to lose connection to ourselves, and what matters to us. We may be experiencing challenging situations in our work and life, which might leave us feeling stressed, disorientated, and even a little lost.

These pressures, and with the business of 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 not working

"The quieter you become, the more you are able to hear."

Rumi

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



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

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Fees and dates:

The **'Time to Pause' Retreat at Parcevall Hall** will be held between Friday 31st May and Sunday 2nd June, 2024. We will start at 4pm on Friday 31st May and finish at 2pm on Sunday 2nd June, 2024.

The fees are £395 (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 Friday 31st May and Saturday 1st June, 2024.

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. 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.



"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.

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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 (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 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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