



'Embracing the Second Half of Life' Retreat

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

Friday 18th September – Sunday 20th September, 2026

*"The first half of life is devoted to forming a healthy ego,
the second half is going inward and letting go of it."*

Carl Jung



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Why come on this retreat?

Often in our life we may reach a point where things in our life don't work as well as they used to. There may have been a defining moment, almost like a schism, or it may be something that has gradually been building. Consequently, we may feel at odds with some of the aspects and people in our life that previously brought us joy. Often this can leave us feeling alone, disconnected and a deep knowing that things need to evolve but unsure what to do.

Both Carl Jung, the psychologist, and Richard Rohr, a Franciscan priest, have unearthed psychological insights and spiritual wisdom which helps us to recognise and understand our growth path that often can happen to us as humans. Through their writing, a term 'The Two Halves of Life' has surfaced, and their insights and wisdom can help us in our own sense-making. This retreat will draw upon their psychological insights and spiritual wisdom, along with connecting with our own wisdom, and other sources.

Given that we are unique beings, our own path will be individual to us; this transition into the second half of life, if it were to occur, happens when we are ready.

"We can't engineer it by ourselves. It is done unto us."

Richard Rohr

The 'Embracing the Second Half of Life' retreat is for anyone who is:

- Sensing that things in their life aren't working as well as they used to
- Interested to grow spiritually and psychologically
- Feeling at odds with people and other aspects of life that previously brought enjoyment
- Open to explore how to flourish in this second half of life
- Drawn to find their path and clarify their life purpose

On leaving our retreat, I hope that you:

- Feel relieved that you are not alone in what you are experiencing
- Have a deeper understanding of what has been happening psychologically and spiritually
- Are clearer on how to embrace and thrive in your life
- Have a greater sense of your own unfolding path
- Feel a connection with other like-minded souls

The 'Embracing the Second Half of Life' retreat is for everyone of any age, and is for people from all faiths and no religious faith.

"The language of the first half of life and the language of the second half of life are almost two different vocabularies, known only to those who have been in both of them."

Richard Rohr

What will the retreat be like?

Cathy 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.

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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 approach is like a spiral. We will explore psychological and spiritual learnings, make sense of these together and relate it to ourselves. Through walking along together, asking naturally occurring questions, and exploring and sense making, we will have the opportunity to learn, reflect and integrate into our own life and personal practice.

"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 group discussion, personal reflection and short input sessions. Together we will explore the psychological and spiritual wisdom that helps us to understand the two halves of life, and spend time to make sense of this for ourselves. Also, we will uncover what we are being drawn to in our lives, and what this means for us. Furthermore, we will explore living in the flow of life before we bring together our individual reflections.

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

"Where you stumble and fall, there you find pure gold."

Carl Jung

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"Life is a luminous pause between two great mysteries, which themselves are one."

Carl Jung

Fees and dates:

The '**Embracing the Second Half of Life**' Retreat at Parcevall Hall will be held between Friday 18th September – Sunday 20th September, 2026. After arriving from 3pm, we will start at 4pm with tea and cake in the Solar Lounge on Friday 18th September and finish at 2pm on Sunday 20th September, 2026.

The fees are £350 which includes: a one-hour pre-retreat coaching conversation, the retreat experience, your own retreat journal, all meals, refreshments and accommodation in Parcevall Hall (private bedroom, shared shower, bath and toilet facilities) on the two nights of Friday 18th September and Saturday 19th September, 2026.

How to book:

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

To book on the retreat please email admin@parcevallhall.org.uk . To secure your booking 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 through the charity Evolve Transition Trust. 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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