



PERSONAL DEVELOPMENT & WELLBEING RETREAT

WHALLEY, LANCASHIRE AUGUST 2024

Thursday 1st (6pm) - Sunday 4th (2pm)



HOSTED BY: ANNE-MARIE CROWTHER

www.underthecarobtrees.com

Integrative Coaching & Facilitation



What we know matters but who we are matters more.

Brené Brown

PLUS PLOW

This retreat will focus on personal development and wellbeing. The quality of connection to your self impacts on how you relate to others and the world around you as well as your sense of wellness.

Wellbeing could be defined as: A combination of feeling good and functioning well. A state of balance, with the following ingredients:

- development of potential
- sense of control
- sense of purpose & contribution
- connection/positive relationships

Away from the noise of everyday life, take the space and time to be guided through a range of activities and tools drawn from coaching, reflective practice & stress management, designed to help you understand more about who you really are and how you can be at your best. Leave with an increased sense of wellbeing & balance, a bespoke action plan & 2 follow up calls to help embed learning.

Take a break.
Reconnect with yourself in a peaceful environment.

YOUR HOST:

Anne-Marie is a qualified and experienced learning facilitator and coach, specialising in working with individuals and groups to achieve greater authenticity in self-leadership/leadership journeys.

More details at www.underthecarobtrees.com



LOCATION:



Our base for this retreat is a beautiful historic building set within the tranquil Grade 1 listed grounds of an original 14th Century Cistercian Abbey.



The Abbey is in the peaceful rural village of Whalley, on the banks of the River Calder, in the Ribble Valley - an 'Area of Outstanding Natural Beauty'.



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How to Get There:

Road - Just off the A59 which links into M6 & M65.

Train - direct train from Blackburn & Manchester.

Bus - frequent services from Blackburn & Clitheroe, occasional from Preston, Burnley, Skipton, Manchester, Accrington.

Car - free parking on site.

ACCOMMODATION, MEALS, FACILITIES:

Single ensuite rooms (accessible, double & family rooms may be available). Building has free wifi.

Meals provided from Thurs dinner to Sun lunch.

(Breakfast 8.30am; Lunch 1pm; Dinner 6pm.)

All dietary needs catered for if informed on booking form.

Kettle in bedrooms & onsite daytime cafe. Scheduled breaks & free time.



ITINERARY UK SUMMER RETREAT 2024

TIMELINE

- Book & make payment (Bursary available for low income applicants)
- **Phone/zoom onboarding call** with Anne-Marie
- Submit **Profiling Questionnaire** before **1st July 2024**
- **Arrive at retreat** between 4pm & 6pm on 1st August
- **Post retreat:** 1 group & 1 personal coaching session

RETREAT OUTLINE

DAY	OUTLINE
THURSDAY 1ST AUGUST	Check in anytime from 4pm Welcome & Dinner 6pm Orientation & Introductions
FRIDAY 2ND AUGUST	History graphs Profiles, Values, Qualities & Preferences Stress Management Techniques
SATURDAY 3RD AUGUST	Limiting beliefs, Blocks & 'Shadows' Action Planning Relaxation Activities
SUNDAY 4TH AUGUST	Evaluation & questions Close of retreat Departure from 3pm (after lunch)

YOUR INVESTMENT

FEE:

£480 - Deposit of £80 min requirement to secure place

Low income? Limited number of part bursaries available as well as instalment plans - email or request info on application form.

Wish to support someone in need? Email to arrange a donation.

WHAT'S INCLUDED:

- 4 days (3 nights) at Whalley Abbey, Lancashire
- All meals - from dinner on arrival day to lunch on departure day
- Private en suite bedroom with rural views and kettle
- Daily activities, reflection & relaxation sessions and free time
- Guest speakers
- Personal preferences profile report & bespoke action plan outline
- 1 x 1 hour personal & 1 group coaching session post retreat

CANCELLATION, TERMS & CONDITIONS:

Places are limited to ensure individual attention

Places are allocated on a 1st come 1st served basis

Deposit is non-refundable (unless Retreat cancelled by UTCT/venue)

Deadline for any/all outstanding payments - 1st July 2024

BOOK YOUR PLACE NOW!

Complete online booking form [via this link](#)

**Questions? FAQs on the next page or
contact Anne-Marie via one of the options below:**

Email: am@underthecarobtrees.com

WhatsApp: 00447949154844

Telephone: 0034 711012891 (Spain - your provider may charge)

Twitter: @UTCTrees

Book a call: <https://www.underthecarobtrees.com/bookonlinenow>

Info about Under The Carob Trees - www.underthecarobtrees.com

FREQUENTLY ASKED QUESTIONS

Is this Retreat suitable for me?

Are you 18+? Employed, not employed, freelance, retired? This is for you! Are you are feeling 'stuck', overwhelmed, approaching burnout or 'rust-out', losing your mojo, overthinking or no time to think clearly, tired of the daily grind, needing to rebalance, unsure of how to move forward? This is for you!

Or are you looking for new meaning, your '*why*', an opportunity to learn more about yourself, curious, in need of a break to focus on yourself, wanting to reconnect with who you are and enjoy good company with a small group of likeminded & interesting people in beautiful calm surroundings? This is for you!

What if I have restricted mobility?

No problem - just let us know on the booking form and we will allocate you the ground floor accessible bedroom. There is a lift to the meeting room and the venue is wheelchair accessible - including the majority of the grounds. We will ensure all activities are also accessible.

Can I bring my partner, friend or family members?

Absolutely - we understand this retreat is in the summer and you may wish to combine it with a holiday in the area. If you all wish to participate in the retreat contact us ASAP to discuss costs as double/twin/family rooms may be available. However, if it's only yourself participating, bear in mind retreat activities and meals are restricted to participants only - apart from breakfast.

Can I bring my dog/cat/pet?

Unfortunately, unless it is an assistance dog, the venue doesn't allow pets.

The venue is an Abbey/Christian Centre. Is this retreat 'Religious'?

We are working with this venue because it is a beautiful historic building surrounded by countryside and helps us create a calm restful space for participants to work on any aspect of themselves they feel most useful. There will be some religious icons dotted around and groups using other rooms for prayer meetings (you can join if you wish). However, this is not a 'religious' retreat and you will be able to enjoy the building, grounds, company and food uninterrupted with no judgement or discomfort one way or the other!

I've already done a profiling exercise. Will I still get value out of this retreat?

(a) Different profiling tools offer different insights. (b) If you completed profiling more than 12 months ago, it is worth repeating. However, whether you bring an old report or complete a new one, you will gain fresh awareness from this activity, plus there are many other exercises and techniques covered, so you will still find this retreat valuable.

I'm feeling stuck in my job - is this just for personal stuff or can I use it for career development?

UTCT/Under The Carob Trees' retreats work on areas applicable to all aspects of your life. We do not believe work is separate from 'life'. Understanding your values, drivers, needs, hopes and behavioural preferences will certainly help you understand why you are feeling 'stuck' and what you need to do to change this. You will design your draft action plan based on your own needs & follow up coaching sessions will help you apply your learning in the 'real world'.

Will we have to reveal personal things in front of strangers or do 'weird challenges'?

No part of our retreats insist on compulsory participation! The retreat is based on the principles of acceptance, compassion and self-leadership. In our experience, the more individuals engage, the fuller and deeper the benefit but the point of the retreat is to understand your own needs & boundaries so we certainly respect and encourage that.

What if I get covid just before the start date?

If you have Covid or any other contagious illness you will unfortunately not be able to attend as we have a duty of care towards other participants. For this and other unavoidable circumstances (eg bereavement, natural disaster...) contact us as soon as possible - we will refund what we can minus any costs already incurred. Or you could transfer to a different programme/retreat.

How do I pay?

Complete the booking form and pay a minimum of £80 non-refundable deposit. We will discuss payment preferences, methods and amounts during the onboarding call. Options include bank transfer or card payment as a one off or in instalments if preferred.

I have a concern or question that the FAQs do not answer.

There are several ways to address this:

- Ask the question in the space provided on the booking form
- Email Anne-Marie to ask the question
- Book a Discovery Call via the online calendar on the UTCT website
- Ask during the pre-retreat onboarding call (set up once your booking is in)

I look forward to hearing from you and hope you'll be joining me in Whalley August 2024!