

'Mindfulness is a state of being fully present, aware of oneself and other people, and sensitive to one's reactions to stressful situations. Leaders who are mindful tend to be more effective in understanding and relating to others, and motivating them toward shared goals.'

Lynda Gratton
London Business School



Finding the Space to Lead: Mindfulness Leadership Retreat

An Experiential Two Day Retreat - Fri (evening) 11th to Sun 13th Nov

Venue:

High Trenhouse
Malham Moor
Settle
NYorks
BD24 9PR

Phone: 01454 774463
Fax: 01454 880383
E-mail: admin@
addedvaluelearning.co.uk
Company reg. 4504589
VAT 800 9157 52

Mindfulness has been shown to improve leadership performance and at the same time enhance leaders' wellbeing.

This retreat offers leaders a chance to:

- ◆ Learn mindfulness practices and how to apply in work and life, including calming the mind in times of pressure
- ◆ Find the space to pause, think and find some peace in a hectic working life
- ◆ Enjoy the facilities and beautiful surrounding of High Trenhouse
- ◆ Meet and share experiences with other leaders
- ◆ Receive support in building a personal mindfulness practice

Who is the retreat for?

This retreat is for any senior leader interested in developing a greater understanding of mindfulness and how this might help them in their lives. No previous experience of mindfulness practice is necessary. Just a willingness to learn and take some time out from a busy schedule.

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"you can't stop the waves, but you can learn to surf."

Jon Kabat-Zin

What is mindfulness?

Mindfulness is a way of paying attention to our present moment experiences with openness, curiosity and an accepting attitude. By helping us recognise and step away from habitual, often unconscious emotional and physiological reactions to everyday events, mindfulness can enhance our natural resilience to life's difficulties and be fully present in our life and work, improving our wellbeing, relationships and quality of life.

Sample Programme (subject to change)

Friday evening 6pm arrival , greetings , introductions and group meal

Saturday

Introduction to mindfulness
Meditation
Mindful Leadership
Mindful movement & walking
Finding the Space to Lead
Meditation
Evening meal

Sunday

Meditation
Leading in a complex world
Breathing space
Compassionate Leadership
Loving Kindness practice
Everyday mindfulness
Preparing to depart

There will be regular breaks and free time throughout Saturday and Sunday.

About the facilitators- Byron Lee has been involved in teaching and coaching for 25 years, specialising in personal development. His work involves integrating a number of approaches, including mindfulness, non-violent communication, NLP and positive psychology. Skilled at helping people deepen and broaden their awareness and mindsets, Byron is passionate about how internal clarity, compassion and flexibility can achieve amazing results in how we interact with the 'outer world'; bringing about the change we want by *'being the change we want to see'*.



Taravandana Lupson has been practising and teaching Mindfulness for over 25 years. Skilled in bringing people together to make a tangible difference. She employs a wide range of specialist facilitation, organisational and leadership development skills to build awareness, confidence and effectiveness. Taravandana is an experienced Executive Coach and Mentor and an accredited Breathworks Mindfulness Trainer.



What others have said about our work:

As a leader, the mindfulness course has been one of the most significant learning experiences for me. I have discovered how to pause, be less reactive, think more clearly and look after myself too. I would recommend this programme to every leader who wants to make a real difference in their work.

NHS Senior Leader



Retreat price: £450 (+ VAT) - (£540 incl. VAT) before July 31st

£550 (+VAT) - (£660 incl VAT) from 1st August

includes 2 nights accommodation (Friday & Saturday) , all meals and learning materials

To book your place visit:

www.addedvaluelearning.co.uk/courses/

or call 01454 774463

or email admin@addedvaluelearning.co.uk

Or fax: 01454 880383