

THE LIFEWORKS RETREAT

THUR 14TH - SAT 16TH NOVEMBER

Outline of *Flow*

<i>Thur</i>	12 - 12.30PM	WARM WELCOME TO ROUNDWOOD HOUSE & CHECK IN LIGHT LUNCH & FIRST CONNECTIONS
	2PM - 3PM	WORKSHOP 1 <i>Journey Begins</i> GROUNDING: STRETCH, MOVE, BREATHE INFORMAL INTRODUCTIONS SETTING OF PERSONAL INTENTIONS & GROUP INTENTION INTERACTIVE TEACHING INCLUDES: • INTRO TO 'THE ART OF GROWING UP' SETTING OUR GUIDING PRINCIPLES FOR OUR CONNECTION OVER THE 2 DAYS
	3.15PM - 4.15PM	WORKSHOP 2 INTERACTIVE TEACHING INCLUDES: • UNDERSTANDING YOUR RELATIONSHIP WITH YOURSELF • THE ROLES OF RESPONSIBILITY & COMPASSION IN YOUR LIFE GUIDED FORMAL INTRODUCTIONS
	4.30PM - 7.30PM	PERSONAL SPACE & TIME JOURNAL INVITATIONS / SET REFLECTIVE WORK RELAXATION
	8PM	DINNER TOGETHER WELCOME TO THE KITCHEN OF ROUNDWOOD HOUSE, EVERYTHING IS MADE IN-HOUSE.

Fri

7AM RESTORATIVE MOVEMENT

8AM BREAKFAST

9AM - 12PM WORKSHOP 3
GROUNDING: STRETCH, MOVE, BREATHE
CHECK IN ON PREVIOUS EVENING'S
REFLECTIVE WORK
GUIDED STORY PRESENTATIONS

OPEN GROUP ENQUIRY

INTERACTIVE TEACHING INCLUDES:

- HOW TO CREATE CHANGE
- FIXED MINDSET VS GROWTH MINDSET
- CONNECTING LOGIC & EXPERIENCE IN YOUR DECISION MAKING
- THE ROLE GIFT & SHADOW

12PM - 3PM PERSONAL SPACE & TIME
LIGHT LUNCH WITH SELF, IN SILENCE
JOURNAL INVITATIONS
/ SET REFLECTIVE WORK
RELAXATION

3PM - 4.30PM GROUNDING: STRETCH, MOVE, BREATHE
INTERACTIVE TEACHING INCLUDES:
• UNLOCKING CURRENT BLOCKS
• RESETTING THE VOICE WITHIN

OPEN GROUP ENQUIRY

4.30PM - 7.30PM PERSONAL SPACE & TIME
JOURNAL INVITATIONS /
SET REFLECTIVE WORK
RELAXATION

8PM DINNER TOGETHER

WELCOME TO THE KITCHEN
OF ROUNDWOOD HOUSE,
EVERYTHING IS MADE IN-HOUSE.

Sat

7AM RESTORATIVE MOVEMENT

8AM BREAKFAST

9AM - 10AM

The Journeys End

GROUNDING: STRETCH, MOVE, BREATHE

INTERACTIVE TEACHING INCLUDES:

- LOOKING FORWARD

OPEN GROUP ENQUIRY

10AM - 11.30AM

PERSONAL SPACE & TIME

- CHECK OUT

- CLOSING JOURNAL INVITATIONS /

REFLECTIVE WORK

11.30AM - 12.30PM

GROUNDING: STRETCH, MOVE, BREATHE

INTERACTIVE TEACHING INCLUDES:

- SELF CARE

- HOW TO STAY CONNECTED

GUIDED PERSONAL CLOSURE

12.30PM

FAREWELL & DEPARTURE

Important Notes

1. THIS OUTLINE PROVIDES A FRAMEWORK WITH WHICH EACH OF US CAN GO ON OUR OWN 'JOURNEY' - IT IS NOT A STRICT FORMULA.
2. THERE WILL BE AN OPPORTUNITY ON FRIDAY FOR A ONE-TO-ONE CHECK-IN WITH STEPHEN.
3. THE PURPOSE OF THIS RETREAT IS TO HOLD SPACE FOR EACH INDIVIDUAL PRESENT & WHAT THEY BRING TO IT.
4. IN THE FLOW OF THE RETREAT THERE WILL BE SPACE FOR EACH GROUP MEMBER TO ASK QUESTIONS, TO LEARN SOME PRACTICAL SKILLS BOTH FROM THE FACILITATORS & FROM EACH OTHER.

STEPHEN O'REILLY

— LIFEWORKS COACH & THERAPIST —

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