The Courage to Care:
Towards an ecosystem of wellbeing
A Courage & Renewal® Retreat

14-16 September 2018
Hill Cottage Retreats,
Powys

“Self-care is never a selfish act - it is simply good stewardship of the only gift I have,
the gift I was put on earth to offer others. Anytime we can listen to true self
and give the care it requires, we do it not only for ourselves,
but for the many others whose lives we touch.”
— Parker J. Palmer

As humankind has come to possess the potential for destruction, more than ever we need
a counterbalance. The capacity we have for care is innate in us, though often covered over by
the pressures and violence of modern life. Care for the self, care in our relationships, and care in
the organisational and societal communities of which we are part requires us to hold contradictions
and stay true to our sense of deep conviction about what matters. Beyond the realm of the ego,
we can reach out and find our place in the wider landscape of well-being, extending care
not just towards the welfare of ourselves, but towards the whole eco-system.

Join us for this contemplative retreat to reflect, renew, and reconnect with the inner passion,
courage and sense of purpose that gives meaning to our work and life in the world.
As individuals in our various life and work roles, this is an opportunity to share our unique gifts,
hopes, responsibilities and perspectives. In retreat, through conversation, creative process,
and deep listening we hold space for each other to (re)discover the spirit of care and how this
drives the sense of inner leadership that guides and sustains us in our life and work.
**Courage and Renewal® retreats:**

- Renew heart, mind and spirit through the exploration of the inner and outer landscapes of one’s life
- Reconnect to one’s identity and integrity; identifying and honouring gifts and strengths, and acknowledging our limits
- Create a context for careful listening and deep connection with others and the challenges they are meeting
- Help participants create trustworthy spaces where they can reflect on their sense of vocation and purpose
- Explore the connection between attending to the inner dimension of our lives and the impact we have on communities within which we live and the working communities of which we are part.

**Who should participate:**

The retreat welcomes individuals seeking the opportunity for reflection and renewal as a means of illuminating their own life journey, or enhancing their leadership role in work, organisational or community settings.

*This retreat is based on the work of Parker Palmer and the U.S.-based Center for Courage & Renewal programmes. This approach to ‘personal formation’ and professional development is founded on the belief that good leadership, in the widest sense, - the ability to genuinely be of service in communities and workplaces, - flows from the identity and integrity of the individual. The retreat process invites participants to reclaim wholeness of self and clarity of vocation while making connections between the renewal of one’s spirit and the revitalization of the communities and workplaces of which we are part.*

**Dates and times:**

- Start time: check-in from 3.30pm, in time for a 5pm start, Friday 14th September
- End of retreat: lunchtime on Sunday 16th September (lunch included); optional Q&A session after lunch ends at 3pm

The retreat is residential for all participants. We begin on Friday evening with check-in available from 3:30 p.m. and the initial gathering at 5:00 p.m. A farewell lunch will be provided at 1p.m. on Sunday, and there will be an optional post-retreat Q&A session from 2-3pm. Participants are asked to arrive in good time so they can settle in before the first session on Friday at 5pm, and to plan to stay for the whole of the retreat.

Unfortunately it is not possible to extend your stay at Hill Cottage Retreats or arrive earlier as this is a group venue. The following websites could be helpful if you are planning to extend your stay in the area:

- [https://www.midwalesmyway.com/offascountry](https://www.midwalesmyway.com/offascountry)
- [http://www.visitmidwales.co.uk/](http://www.visitmidwales.co.uk/)
Our venue:

Hill Cottage Retreats
Rhos-y-meirch
Knighton
Powys
LD7 1PD
w www.hillcottage retreats.co.uk

Hill Cottage Retreat Centre is situated in the Marches of mid-Wales, near Knighton, just into Wales, in Powys. The owners have created a tranquil retreat space for reflection, creativity and interaction with others and the environment in mutually beneficial ways. The centre welcomes people from a wide range of philosophical and professional perspectives for workshops, courses and retreats. Set in ten acres of land, the centre includes an independent market garden, young orchard and woodland, a natural swimming pond, gardens for contemplation, and wildflower pastures bordered by a meandering brook.

The Centre is run on principles of sustainability and mutuality. Large group and overnight accommodation has been created in a number of carefully designed barns. Most of the accommodation is shared, with a few single rooms. There are also a small number of sleeping spaces available in ‘crog lofts’. Facilities are shared and include wet rooms, kitchens and sitting room areas. Vegetarian meals are prepared on site using fresh local ingredients.

Getting to the venue:

Free transfers from the local train station (Knighton) are available. As car parking is limited, we invite you to consider travelling by train.

Knighton is around 2-2½hrs by train from Birmingham New Street, with a change in Shrewsbury. Pick-ups from Knighton can be arranged.

For full details of how to travel to Hill Cottage: http://hillcottage retreats.co.uk/rhos/contact/where-we-are/

Cost, registration & payment, cancellation policy

Retreat fee: £175 plus accommodation & board of £140-160 (depending on choice of accommodation); total £315-335

Earlybird fee for early registrations (before 15th April 2018): £155 plus accommodation; total £295-315
The retreat fee includes retreat materials and facilitation by a skilled facilitator prepared by the Center for Courage & Renewal. The accommodation fee includes comfortable overnight accommodation, delicious vegetarian meals (dinner on Friday and Saturday, breakfast on Saturday and Sunday, lunch on Saturday and Sunday), and teas/coffees and snacks. You can choose your accommodation and give details of essential dietary requirements in the registration form.

**Registration:**
Please complete the registration form online by going to: [http://thecouragetocare.eventbrite.co.uk](http://thecouragetocare.eventbrite.co.uk)
Payment is required on registration. You may pay by credit or debit card online, or you may choose to pay by cheque. Cheques must be received within 7 days of registration and made payable to Barbara Reid. Please contact Barbara Reid if you need to ask about other payment options, including paying in two staged payments. If you want to make staged payments, an initial deposit of £160 will secure your place; the final payment is due one month before the retreat. Note that the earlybird fee will be held if you register before 15th April 2018.

**Cancellations:**
After registering you may withdraw your application 8 weeks prior to the event start date, at which point you will be offered a refund, minus a 20% administration fee. If you cancel your place on a course within 8 weeks of the event commencement date, no refund will be offered. If therefore there are circumstances in your life that create a risk of cancellation, we recommend that you take out cancellation insurance in case you find you are unable to attend.

In the unlikely event that we need to cancel or postpone, a full refund of the retreat fees will be offered. Our liability is limited to the retreat fee, and travel insurance is therefore recommended.

**Facilitator:**

**Barbara Reid**, PhD, is a facilitator and retreat leader specialising in professional and personal formation. She has been prepared by the Center for Courage & Renewal in the U.S. to lead retreats based on the work of Parker J. Palmer, which she has been doing for the past 5 years. With a long-standing commitment to reflective practice, she works cross-professionally with people involved in change and transformation in organisations and communities. She is also a teacher of Mindfulness Based Approaches and taught part-time at the Centre for Mindfulness Research & Practice at Bangor University until the end of 2017. With a background in university teaching and research, Barbara led vocational degree programmes in the social and urban policy fields and managed social action research projects for a wide range of public services and third sector organisations. With a long-standing personal commitment to collaborative, contemplative and reflective practice, she is passionate about creating open and trustworthy spaces that support dialogue, learning, and community building.

**Additional information:**

If you have any questions about registration or about the Circle of Trust approach / the Center for Courage & Renewal, please contact Barbara Reid on 07970 877092 or email beereid@gmail.com.
Preparing for the retreat:

If you are unfamiliar – or even if you are familiar with the work of Parker Palmer and the Center for Courage & Renewal, you might like to look at some of Parker Palmer’s books – “A Hidden Wholeness”, “The Courage to Teach”, and “Let Your Life Speak”. A new book, ‘The Courage Way’, authored by the Center for Courage & Renewal and Shelly Francis is also a great introduction. Further information is available on the Center for Courage & Renewal’s website - www.couragerenewal.org

“Never believe that a few caring people can’t change the world.
For, indeed, that’s all who ever have.”
(Margaret Mead)

The Center for Courage & Renewal is an educational non-profit organisation based in the U.S. Its mission is to nurture personal and professional integrity and the courage to act on it.

www.couragerenewal.org