



*Reset, Refocus
& Rejuvenate*

RETREAT

2024 date(s) to be announced soon!
Ashorne Hill, Leamington Spa, Warwickshire





This 24-hour retreat offers you time and space to disconnect from the world around you. To turn your attention inwards and focus on who you are and how you can achieve what you want.

Nowadays, most of us live very busy lives, at work and at home. We are so busy giving out to everyone around us that we don't take time for ourselves. There is the adage that if you want something done then ask a busy person. But if we are so busy doing, what happens to our hopes and dreams? To imagining what if...

To allow these to surface we need to stop. Be still and breathe. When we do this magical things happen. We gain greater clarity, we feel more energised and consequently we can be more present for those that need us – our teams, our family, and our friends.

This unique event has been designed to be a collective experience, encouraging participants to connect mind, body and spirit whilst also enabling you to take what you personally need from the session. Throughout the day and night, we will be embarking on a journey that has several touch points along the way. How long we spend at each one, will be decided by the needs of the group:



TOUCH POINT 1: IMAGINING THE FUTURE

Participants will have the opportunity to share where they are right now and how they would like their future to be (whether that's the end of the day, the year, or ten years from now).

TOUCH POINT 2: LETTING GO

During this part of the journey, participants will undertake a range of activities to help them let go of anything that is no longer serving them. People will be encouraged to breathe and settle back into a place of calm and tranquillity.





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TOUCH POINT 3: RECONNECTING TO SELF

At this point, participants will begin to dive deeper into themselves, to connect with their hopes and dreams. To no longer focus on the outside world but turn their attention inwards and connect with their mind, body, and spirit

TOUCH POINT 4: UNDERSTANDING THE RHYTHMS OF LIFE

Our lives are full of rhythms, whether they are the changing of the seasons, business cycles or family traditions. It is so easy to get carried away on these waves of change that we forget to notice how they affect us – do they bring us joy or cause us stress? Participants will be able to reflect on the rhythms of their life and the impact they have.



TOUCH POINT 5: WHAT SUPPORT IS NEEDED

It is at this part of the journey that participants will be asked to identify the support they need once they leave the Retreat. How will they maintain their connection to self and ensure they have the time and space they need to care for themselves, so that they can continue to care for others?

TOUCH POINT 6: INTEGRATING THE LEARNING

This final part of the journey will allow participants to integrate all of the learning that has arisen throughout the day. Deeply relaxing, there will be an opportunity to bring mind, body, and spirit into balance.





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HAVING UNDERTAKEN THIS JOURNEY OF SELF-DISCOVERY YOU WILL LEAVE THE RETREAT:

- Feeling a stronger connection to yourself
- With a greater understanding of who you are and what you want to achieve
- With a range of techniques that you can use to quiet the mind and find that place of calm, and
- Feeling energised with a clear sense of purpose.

“

They come to renew the spirit, so they are stronger when they go back to their journey in the world. ~ Anne Bishop

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EVENT DETAILS:

Date:	2024 date(s) to be announced soon.
Location:	Ashorne Hill, Leamington Spa, Warwickshire CV33 9QW
Start time:	10.00am Refreshments & registration 10.30am Event begins
End time:	After breakfast the following day (date TBC)
Cost:	£TBC
What's included:	All meals, overnight accommodation & breakfast





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THE FACILITATORS:

Your facilitators for the event are Mel Loizou and Eleri Thomas, who between them have over forty years' experience working in and with the higher education sector. They met at a CUBO mentoring event over fifteen years ago and have been friends ever since.



MEL LOIZOU

Having worked at the University of Leeds and Royal Holloway, University of London, Mel set up her own company Fish Climb Trees in 2015 to help leaders in higher education unleash their own power and potential and the power and potential of those around them. A Master NLP Business Coach, Mel qualified as a Sound Therapist in 2022.

ELERI THOMAS

Since leaving the University of Aberystwyth in 2016, Eleri has been training as a Creative Kinesiologist and this adventure has led her on an exploration of different modalities that work with the body and our unique energy systems to enable people to live fulfilling lives.



Whilst their paths have been quite different since leaving their respective universities, Eleri and Mel are united in their belief that to be the very best that we can be we need to connect mind, body, and spirit. Using one of these three elements will only take us so far. The magic happens when we identify ways to integrate these three amazing facets of our being.

With a desire to bring their knowledge and experience together and share it with those people who work incredibly hard in the university space, Mel and Eleri have created this one-day 'taster' experience to enable people to enjoy the wonder that can be created when you connect mind, body, and spirit.



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FREQUENTLY ASKED QUESTIONS

What equipment will I need to bring with me?

If you have them to hand, we recommend you bring a yoga mat, bolster or cushions, a pillow and one or two blankets. No worries if you don't have any, we will bring spares with us.

What do I wear?

This retreat will be very informal. We would encourage you to wear clothes that are comfortable, the sort of things you wear when you are relaxing at home.

Will I be expected to sit on the floor?

Only if you want to. There will be chairs for you to sit on as well as a range of cushions and bolsters. Throughout the day we want you to feel as comfortable as possible.

Is there anything I need to prepare beforehand?

There is nothing for you to do, just come along with a willingness to get involved.

Will I be able to arrive the night before?

Yes. Please arrange this direct with Ashorne Hill.

What is included in the price?

Overnight accommodation at Ashorne Hill, and catering.

Will the event enable me to network with colleagues across the sector?

Absolutely, although not in the way you may be used to. The focus of the day is you and your own wellbeing, therefore we will try to stay away from discussing/solving work-based problems. It is our intention that you will turn your focus inwards so that once you leave the retreat, you will be better equipped to deal with everything else.

What if I don't want to take part in an activity?

Whilst we will have a plan for the day, we will be encouraging you to listen to your body and only do what feels right so if there is something you don't want to do, you won't have to do it.

I find it very difficult to switch off and relax, should I still attend the event?

Absolutely yes. Throughout the day, we will be sharing a range of techniques designed to help you quiet the mind and let go. There will be something that helps you relax.

Want to discuss the event in more detail? Please contact Mel:

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