



## WORKTALK RETREATS

### Options: 2 Days

#### Why a retreat?

Over many centuries astute people have learnt the value and power of retreat. Retreats involve time to think and reflect and space to explore and develop. They give opportunities to address and resolve issues or reassess previous assumptions. Retreats involve a change of environment in order to see your normal life in a new light. Retreats give time for healing a wound or renewing a vision. They give opportunity to address issues which may have been in your mental pending tray for too long. They combine healthy challenge with invigorating support.

#### Who is it for?

You'll know a retreat is for you when you become aware that something needs attention. You realize that your routine does not allow you to give that attention. It may be a challenge or opportunity which you want to explore. It may be a struggle or difficulty which you want to resolve. It could be a decision which has significant implications for your life. You may feel that you are not sure what the issue is but you know there is something. These are all signs that the retreat is for you.

#### Retreat methods

To be on retreat is to realize that the only agenda item is you. The retreat is about your issues and development. The WORKTALK Retreat is designed to help you address your issues. By the skilful use of a series of questions our retreat guides and coaches will give you support and a toolkit as they walk with you through the retreat. You will not be forced down any path neither will you be left to flounder. The WORKTALK Retreat is founded upon the principle of intentional reflection. You

will be given the opportunity to explore the spiritual side of life and make connections to your own life and work. Questions which form the backdrop to the retreat are explored using story telling, discussion and simple reflective techniques which will open up your own issues. You can choose to use any, all, or none of the techniques as you work on your issues.

#### Flow of the program

The first step is to build a place of safety. One of our coaches will create an environment of agreement with all on the retreat which will enable everyone to participate fully. The retreat then unfolds around key questions starting with the identification of your current situation, and how you came to be in it, and moving through desires, aspirations and dilemmas to an integrated approach to your issues. Along the way you will identify your core process of gifting and uniqueness and learn to use that insight to develop your sense of mission and calling. Techniques of meditation and relaxation are introduced as well as a massage which serves the purpose of involving the whole of you in the process of retreat.

The concluding session of the retreat gathers all the insight and collates it into a route map for further action.

This powerful learning approach achieves in two days what could take months in an unsupported environment and the benefits last not just a moment, but a lifetime.

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### Retreat Team

#### **Geoff Shattock BSc, D.R.S., MSc, MISMA**

Geoff Shattock is Founder of WORKTALK. A physiologist, psychobiologist and ordained minister with over twenty years experience in training he has pioneered courses for businesses, charitable organisations and churches and worked with the UK government Taskforce on employment projects. One of his original courses has won a National Training Award. A regular broadcaster and writer on Metaskills issues he is a member of the International Stress Management Association and has completed a major research project into the Psychobiology of Stress Management. An expert on stress management and the Pressure Management Indicator he is also a consultant trainer for Reed Employment and Capita Learning & Development and has delivered courses on anger management and home-work balance. He was a founder member of Executive Retreat, designing personal development programmes for senior managers. Consultancy has regularly included one to one coaching, dealing with individuals from a wide range of business and professional backgrounds. Geoff is married with one daughter and lives in South London.

#### **Jane Campion, LCA, MICE, MIPR.**

Jane Campion is Managing Director of Quest coaching company. An executive coach who draws on more than 20 years of international experience, she has worked for some of the world's leading institutions in Australasia, the United States, Europe and the Middle East. She has been an adviser to the Financial Times on communications strategy and Chase Manhattan Bank where she marketed its private banking business. Jane joined the board of the world's largest independent public relations company, Edelman, in the late 1990s and, after building a successful business for the company in Europe,

she decided to take time off and start a family. Jane has qualified with Distinction from The Life Coaching Academy and is trained in The Birkman Method. She is a tutor for The Life Coaching Academy and facilitates at WORKTALK Retreats. An active member of both the International Coaching Federation and the Public Relations Institute, she also holds a Diploma of Journalism from Wellington, New Zealand. Jane is married with one daughter and lives in South London.

#### **Justine Moxley**

Justine Moxley is an integrative counsellor with eight years experience and has worked in the public, private and not-for-profit sectors. Counselling clients have included school students, young offenders, as well as those with physical disabilities. A clinical team member of an exclusively Christian mental health project, Justine has a passion for psychospiritual health and is also qualified holistic and on-site masseuse. An avid student of WORKTALK for several years, Justine joined the WORKTALK staff team in January 2008.

#### **Amanda Oliver, Masseuse**

Amanda Oliver is a fully trained beauty therapist with CIBTAC and City & Guilds qualifications. A practising therapist for ten years, her range of treatments includes massage for stress relief and deep relaxation.

### **Booking Information**

Retreats are arranged in response to demand. Costs will be £550/\$900 per person including all accommodation, meals, materials and a massage. To enquire contact:

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