

Prydale
PARTNERS

An Invitation
to a
Reflective Retreat
in
The North Pennines
in
Reflective Retreat
to a
An Invitation

Andrew Pearce

Experienced Facilitator & Coach

UKCP Registered Psychotherapist & Supervisor



An Invitation to a Reflective Retreat in the North Pennines

An opportunity to invest in yourself and your team by continuing and extending your personal development in a calm and accepting environment and recharge your batteries.

Your stay(2-5 days) is designed to enable you to:

- Critically reflect on your individual & collective management styles to improve performance.
- Engage with your own processes and self-development.
- Explore methods of understanding recognising and responding to complex human interactions.

Group sizes are kept small in order to provide a framework for:

- Reflecting on and developing your own management style.
- Ensuring you are contained within an ethical and effective personal development process that supports you as an experienced and developing manager.
- Facilitating you through an increasing process of self-exploration that extends through your stay and beyond.

The retreat will be facilitated by Andrew Pearce and run at his smallholding in the North Pennines Area of Outstanding Natural Beauty.

(For details visit www.prydale.com)

There will be a mixture of group discussion, therapy practice and individual reflection as well as some creative work making full use of our environment.

"I am delighted that Andrew is offering this opportunity for personal reflection to the community. Andrew actively lives the values of integrity, honesty, openness and trust and is an amazing facilitator of change at a personal level."

Lisa Wake(MSc, BSc, RGN)
Awaken Consulting

Cost: £200 per person per day

Includes

**B&B based on 2 people sharing
Lunch & refreshments each day**

Single occupancy rates available.

Book Now

Tel. 01388 517846

andrew@prydale.com



Why choose this?

This area is known as England's last wilderness.

There were a number of reasons for moving to this wild & beautiful place. Peace, freedom, space, immersion in the natural world, quality childhoods and after seven years the possibility of offering a residential programme like this.

We are living in ever closer harmony with our environment and it is a delight to share it & our ethical lifestyle with others. You can find out more on the pages of www.prydale.com.

This week is likely to appeal those of you who are already deeply reflective or those wanting to develop a more reflexive approach.

People often comment that we create a safe and relaxed space where they feel accepted and are able to express themselves and explore issues freely.

This week is likely to appeal to those of you who are wanting to take a step back from corporate life, reflect and consider how to implement desired changes.

“Andrew offers a delightful combination of integrity & humour, honesty & compassion, as well as a dedicated approach to offering choice in peoples lives.”

(Dr. Susi Strang M.R.C.G.P.)



Prydale House, Rookhope, Weardale, DL13 2DF

Tel: 01388 517846

Email: andrew@prydale.com Website: www.prydale.com