



# Spring Retreat

A season of renewal & possibility

A Courage to Lead® Retreat

*Spring teaches me to look more carefully for the green stems of possibility: for the intuitive hunch that may turn into a larger insight, for the glance or touch that may thaw a frozen relationship, for the stranger's act of kindness that makes the world seem hospitable again. Parker J Palmer*

*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 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*

Those of us engaged in organisational leadership, professional or voluntary community service and social change know the challenge of sustaining ourselves and our commitment to act from deeply held values amid the complexity of our roles. The more passionate we are about our work, the more vital it is we take time to renew our own spirits and hearts.

**5pm Friday 18<sup>th</sup> – 3pm Sunday 20<sup>th</sup>  
September 2015**

Orchard Glory Farm Resort, Bindoon

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**Register for the Earlybird price \$590 incl GST before 21<sup>st</sup> August**

Click on the following links: [Facilitators](#) • [Information](#) • [Registration](#)

[www.couragerenewal.org](http://www.couragerenewal.org)



*Just as we experience nature's cycle of renewal through the seasons, so we experience natural cycles of engagement and withdrawal, love and loss, creativity and despair in our personal lives and work. When we take time to slow down, quiet ourselves and reflect, to renew ourselves and recall our commitments, important changes can happen within us and around us. As we are renewed, we in turn can contribute to the renewal of our professions, workplaces, and communities.*

## Past Participants Share...

"Two months later, I see it has had a profoundly valuable positive impact on how I treat myself and others across all areas of life."

"Rich, abundant, thought and heart-provoking."

"It really helped to get my heart and head into a good space to be able to think differently."

"Revitalized and focused my thoughts and commitment to my work"

**This retreat provides** a unique opportunity to align your inner truth with your outer life. We help you reconnect who you are with what you do. Join us to:

- Gain greater access to your inner wisdom and a new depth of self- knowledge;
- Discover a process for discernment to reach clarity around life and career transitions;
- Reclaim authentic leadership that honours your gifts and limits;
- Resolve to live closer to your core commitments;
- Learn healthy ways to hold the tensions inherent in a life of service.