

# The Mindful Leader Retreat Bay of Fires

As a leader today, you are intimately acquainted with a constant demanding environment and pressures to rapidly respond. Often we find ourselves feeling less equipped to handle the onslaught than we would like. It is difficult to slow down and take a bigger picture view when conditions push against us like a gale-forced wind.



The Mindful Leader Retreat is a four-day experience designed to offer you some valuable time to reflect and come to find new ways of knowing and being. You will be afforded the opportunity to explore the power of mindfulness – a meditation practice of moment-to-moment awareness, without our habitual ways of reacting and judging situations. Mindfulness helps you cultivate a sense of connectedness, better emotional regulation, flexibility in our responses and insight.



Set on a hilltop, 40 metres above the pounding of the sea and surrounded by National Park, the Bay of Fires Lodge has been purposely chosen to give you the bigger picture view. It is the only building on 20 km of outstanding coastal wilderness. Drinking in this pristine natural environment is an invitation in itself to help you uncover once again what is most important to you.

## Program – Nature or Nurture?

Why not both? This four-day intensive retreat creates a learning environment for the reflective practices of mindfulness meditation. You will experience a variety of meditation methods designed to help you get in touch with yourself and what is most meaningful to you.

The seamless design of the Bay of Fires Lodge puts you lightly into the landscape where you can bask in its magnificent beauty and be renewed by the wonders of nature.

The retreat includes periods of guided mindfulness instruction, periods of exploration with the natural environment and periods of collective inquiry and dialogue; all aimed at cultivating deep, penetrative awareness and insight and the creativity that flows from them.

## Benefits

The practice of mindfulness has assisted leaders across the globe. Many leaders who have participated in this retreat have noted:

- Enhanced learning and creativity
- Periods of real calm
- Less reactivity
- More balanced approach to work and family
- Periods of productive reflection
- The ability to stop and tune in to what is happening in the moment rather than be caught up in the past or worried about the future

## Program Facilitator Pamela Lovell



Over 20 years ago I began to explore the work of leadership and in particular the inner work of the leader.

As an Organisational Development Consultant, I knew instinctively that the inner work of reflection led to better outcomes for the organisation and those who interacted with it both internally and externally.

This understanding led me to the work of mindfulness as a personal practice and I eventually began to offer this practice to others in organisations.

Leading a retreat of this nature is exciting because participants report a real difference in their way of being in the work place and other aspects of their lives. These benefits are supported by scientific research.

This work has grown from my training in Mindfulness-Based Stress Reduction from the Center for Mindfulness at the University of Massachusetts Medical Center and the work of Jon Kabat-Zinn.

In addition I have studied Mindfulness-Integrated Cognitive Behaviour Therapy and Interpersonal Neurobiology.

Come join me to start or extend your journey of mindful living and being.

## Schedule

### Day One

Guests arrive in the afternoon at Anson's Bay where your luggage is taken and the group walks through native bush and beach to arrive at the Lodge. Settling in and having dinner before our evening session begins.

### Day Two

Rise early and catch the morning sun off the ocean while you participate in mindful yoga. After breakfast, a morning session of mindfulness practices. After lunch, some mindful beachcombing where native animals and sea birds are often seen. Dinner and evening session.

### Day Three

Rise early for mindful yoga. After breakfast, a morning session of mindfulness practices before we pack our lunch and head off to Eddystone Point for an extended walk of about 5 hours. Arrive back at the Lodge for afternoon tea before a pre-dinner session. Dinner and evening session.

### Day Four

Rise early for mindful yoga. After breakfast, a morning session of mindfulness practices and summary of the retreat, followed by lunch. After lunch, guests walk back along the beach and out to Anson's Bay.

### Dates:

September 23-26, 2010

Please call Pamela Lovell 0419330960

### Retreat Fee:

\$1899.00 for twin share

\$2399 for single room

Price includes course, accommodation, food and guided walks.

Photos: Graham Flower

