



Are you a coach, a coach supervisor, in HR, OD, L&D or a small business owner?

Come and join us for a Day Retreat
@ Folly Farm Nature Reserve in Somerset
Friday 16th September 10am—4pm

As you ordinarily spend much of your time resourcing others, here is an opportunity to resource yourself in the natural surroundings of Folly Farm, a nature reserve & venue owned by Avon Wildlife Trust. Using themes from nature, you will be invited to explore fresh perspectives & Ideas for action.

The day will be led by Anita & Nic who between them have over 50 years experience in both development & coaching. Their focus is on ensuring you can enjoy the gift of time & space to reflect, restore & revitalise yourself in relation to your own working life.

Unplug from the demands of your everyday life and come with curiosity to enjoy a day in a beautiful location, in the company of other like minded professionals.

The day costs £100 & includes refreshments & lunch

Part of the day will allow for time exploring the nature reserve, so come prepared with suitable clothing and footwear.

And if you are travelling from some distance, the venue would be able to provide overnight accommodation if a number of you are interested, at an additional cost, so you could always treat yourself to more time & space, to rest & replenish.

To book/enquiries :

Anita@hayneconsulting.com 07815 143424

Nic@nwcoaching.co.uk.07792 554452

