Clare Norman
coaching associates ltd.

Retreat overview

Monday

Arrive and settle in from 14.00 – 14.30
Welcome tea and cake in Long Barn
Farm tour 14.30 – 15.00
Room check-in 15.00

Opening circle: 15.30 – 17.00
17.15-18.30 Competency Masterclass
Location: Old Stables

Pre-dinner Drinks: 18.30 – 18.45
Location: Long Barn
Evening meal: 18.45 – 19.45
Location: Long Barn

The Long Barn is our social space, where meals and refreshments will be available throughout the retreat and socialising encouraged.

Tuesday

Breakfast: 08.00 – 09.00
Location: Long Barn

9.15 – 13.15
Competency Masterclass and 2 x Mentor Coaching
Location: Hayloft

13.15 – 14.45 Lunch in Long Barn and down time

14.45 – 18.30
2 x Competency Masterclass and 1 x Mentor Coaching
Location: Hayloft

18.30 – 19.00 Pre-dinner drinks in Long Barn
19.00 – 20.00 Evening meal
Location: Long Barn

Massages 18.30 – 21.30 (booked and paid for directly with Yvonne)
Location: Old Stables

Wednesday

Breakfast: 08.00 – 09.00
Location: Long Barn

9.15 – 13.15
Competency Masterclass and 2 x Mentor Coaching
Location: Hayloft

13.15 – 15.00 Lunch in Long Barn and down time

15.00 – 17.45
Competency Masterclass and 1 x Mentor Coaching
Location: Hayloft

18.00 – 18.30 Pre-dinner drinks in Long Barn
18.30 - 19.30 Evening meal
Location: Long Barn

Massages 18.30 – 21.30 (booked and paid for directly with Yvonne)
Location: Old Stables

Thursday

Breakfast: 08.00 – 09.00
Location: Long Barn

Vacate bedrooms by 10.00

09.15 – 10.30 Mentor Coaching
10.45 – 12.30 Communal gathering and closing circle
Location: Old Stables

Departure: 12.30

We encourage you to please stay for the whole retreat, except in emergencies, as it has been carefully designed to transition you in and out of the reflective space.

Apart from the purple items, all other activities are optional.
You can engage with as much or as little as you like:
What will you choose?