



CREATIVE BEINGS

Cultivating creative practices for wellbeing

Gestalt, Mindfulness & Creativity Retreat in Devon

With Sally Bogle & Sue Holland

April, 2023

Fri 21st 13:00 – Sun 23rd 16:00



“Creative activity if a type of learning process where the teacher and pupil are located in the same individual” Arthur Koestler

What is it?

- A weekend retreat that will enhance your sense of self in the present, build awareness further and thus enable more contact in conversations with self and clients
- An opportunity to explore the relationship between ‘present-based’ practices and how they enable grounding in your work and life
- A mix of experiential and taught work, rooted in Gestalt, Mindfulness and Creativity
- An opportunity to slow things a little and attend to the important stuff

“the tortoise can tell you more about the road than the hare” Khalil Gibran

Where will it be held?

- The retreat will be held at The Old Rectory and Studio, Awliscombe in rural Devon



- We meet on Friday and start with lunch at **13.00** and close by **16.00** on Sunday
- For those travelling from away, accommodation is at the new Premier Inn (2 miles away in Honiton), we have reserved some rooms – please let us know if you would like to stay there
- The fee for this course will be **£480** pp which includes facilitation, accommodation, materials and meals

Why are these practices useful ?

- Gestalt – a useful framework that works with the ‘being’. Using creative and experiential exercises to enhance awareness, freedom and self-direction, thus enhancing our choice and resourcefulness in the present
- Mindfulness – an in-depth connection in the present, with your presence. A deeper sense of ‘your being’ vs ‘your doing’, leading to enhanced emotional regulation, less reactivity and thus reduced stress
- Creativity – connecting with the right-side of our brain reaches into the place where ideas and possibilities are sparked and more solutions found

Who is this retreat for?

- People who understand the concept of 'being and working in the present' – you do not need to know about Gestalt or have a practice of mindfulness, although you will have some curiosity about them both!
- People who are comfortable with experiential and self-directed learning
- People who wish to integrate these practices into their work and lives
- People who might be experiencing significant transition

How will we work?

- Our intention is to have fun whilst we work!
- This will be an experiential 2.5 -day retreat for up to 12 people. It will involve individual, paired and group work
- We will work with a Gestalt stance and use mindfulness and simple creative practices to support our work
- We will make full use of the beautiful location and spend time in the natural world to enhance our reflective practice



"for some people, taking a more artistic abstract approach is the route to becoming aware of how they are experiencing the world"

John Leary-Joyce (Gestaltist & Author – The Fertile Void)



Sally Bogle is a facilitator and coach with a strong belief in human potential and in the power of presence, relationship and dialogue to create change. She has over 15 years experience working across a wide variety of organisations. She is a founder member and trustee of The Mindful Life, a charity that runs mindfulness and self-care programmes for carers. Sally has an MSc in Gestalt approaches to OD, a process that enabled her to bring together and fully more integrate the various passions and interests that had long informed her work – mindfulness, action enquiry, the power of relationship, systemic constellations and a core belief in the inter-connectedness of all things



Dr Sue Holland has been a leadership coach and facilitator of change for over 25 years. She is curious about developmental transitions in adult life and works with people around resourcefulness and resilience, supporting them to remain open, effective and potent during these times. Sue's coaching practice is informed by many things – a deep and connected love of the natural world and how balance is maintained, at a biochemical, organism and ecosystem level. She applies this thinking in her work with people and systems. The centre of gravity for her practice is rooted in Gestalt, although other practices and theories are woven in too: action learning, somatic & systemic work, poetry and creative process