**HOW TO GET THE MOST OUT OF THIS RETREAT:**

PARTICIPATION:

Your presence is important and you are encouraged to take this opportunity to participate in all the activities and discussions. Asking questions and making comments will greatly contribute to the process of the group’s success, with this in mind please remember to refrain your thoughts till such time as advised group participation.

RESPECT:

To create a non-judgemental, open and supportive environment, remember that each person’s view and opinions deserve to be respectfully heard. To those that offer their services and time for our Retreat, let’s show our appreciation and gratitude throughout their visit.

CONFIDENTIALITY:

It is essential to the growth and effectiveness of this programme that each participant take personal responsibility that the information shared stays within this group. We wish you to take into account mobile phones can be used for photos and necessary family commitments however it is asked all phones are switched off during activities, NO posts will be made online until after Retreat. This reason is to show appreciation and acknowledge our wonderful sponsors for their generosity.

ENJOY YOURSELF:

The Retreat is an environment created for you to relax, enjoy and support those that have joined alongside you. Learn tools, share stories and celebrate all that is on offer, a very good saying, “*You can’t please all the people all the time.”* With this in mind, take from the 4 days what will enhance and make life easier for you on your path.

*“THERE IS MUCH TO BE LEARNT FROM EACH OTHER WHILST SHARING*

*THE RICHNESS OF OUR EXPERIENCES”*