



*Set in quiet, native-bush,  
oceanfront surroundings at  
Seven Mile Beach in  
Southern Tasmania at eco-  
friendly [Wyndham Resort](#).*

I believe in kindness. Also in mischief.

*Mary Oliver*

**We yearn for kindness. Its tenderness is balm and salve upon our lives. Yet our worlds are busy with opposing agendas, loud voices and rigid stances. Within such strident cacophony, how can space be created to meet the yearning for kindness within ourselves and others with whom we do not find agreement? How can kindness break through? How can we reduce the din and make progress?**

**When we bridge these chasms of understanding with others... what might happen next?**

Listening is the forgotten half of communication. With courage, wisdom and practised-intention we can attentively listen to, be present to, and hold the thoughts shared by others without judging, defending or losing clarity in a wash of strong emotion.

Practice of such presence and listening gives powerful gifts of understanding to us, to others, and to our world. It is other-minded. It is intentionally benevolent. It is kindness. And it can open new landscapes and horizons from which creative solutions and opportunities arise.

This Circle of Trust® retreat creates safe space within a small intentionally-gathered community to explore these concepts; and to deepen insights and practice-experiences in ways which flow into life beyond – workplace, home and community.

At a gentle pace in a tranquil setting, all activities are by invitation and in an atmosphere of collegial enquiry. The methods of Circles of Trust focus kindly and unthreateningly upon the integrity and core values of the whole person. They give attention to individual identity and frame kindness as courage for the varied roles and responsibilities that fill our lives.

**May 19<sup>th</sup> – 21<sup>st</sup> 2017**

Commencing 4:00 pm Friday, May 19<sup>th</sup>; concluding after lunch on  
Sunday, May 21<sup>st</sup>

**Past participants report powerful benefits including:**

*A stronger sense of purpose and fulfillment*

*Feeling recharged and ready to return as an agent of positive change*

*Heightened self-awareness and ability to be fully present*

*More trustworthy and compassionate relationships*

*Ongoing positive personal growth*

**PROGRAM FEES**

**\$695 (GST inclusive)**

Includes registration, all meals and accommodation in individual room in 3 bed self contained apartments.

**\$645 (GST inclusive)** per person in shared twin or double room.

Register [here](#) with Eventbrite.

Courage & Renewal retreats foster personal and professional renewal by offering time, space, promptings and a community of support to reflect on life and work. They create opportunity to:

- Pause, be still, disconnect from technology and the pace of a modern life.
- Engage at a deeper level with our true selves and the questions that have heart and meaning for us.
- Investigate, talk through, and honour both struggles and successes.
- Witness and be witnessed, listen and be listened to—without performance evaluation, judgment, comparison, or ego.
- Learn new skills for strengthening capacity to ask open, honest questions, hold tension, and rebalance speaking and listening.

**What to Expect:** Approximately 12 other people will participate in this retreat with you. Together, we will engage in large and small-group dialogues focused on evocative texts and questions, experience silence, solitude and journaling for reflection, and courageously hear each other into deeper speech. Thereby a shared process of exploring the intersection of our inner lives and our kind leadership in the world will be created.

This program is based on the Circle of Trust approach developed by the Center for Courage & Renewal and Parker J. Palmer. You can learn more online [here](#).

**Our Venue:** Join us at the luxurious and convenient yet secluded Wyndham Resort, 78 Surf Road, Seven Mile Beach, near Hobart in Tasmania, across from the expansive beach itself, and just 10 minutes from Hobart Airport and 15 minutes from the city.



## YOUR RETREAT FACILITATORS

**Rosalie ‘Rosie’ Martin** has spent more than 30 years as a generalist speech pathologist – the past 20 of which have been in her own [practices](#). Long lamenting inequity in the availability of services, in 2013 Rosie founded a [new charity](#) to bring the speech pathology skill-set to disadvantaged populations. This led to her being awarded 2017 Tasmanian Australian of the Year. Rosie’s understanding of the skills of human communication combined with the delights of raising her own sons and her connection with others has fuelled her passion for the status of communication as the basis of wholeness and progress. Rosie values that what we bring authentically of ourselves to our communication with others, shapes its outcomes. She loves play and fun and beauty in all its forms – especially the beauty of human kindness. She is also a criminologist and an accredited Facilitator with the Center for Courage & Renewal, and is committed to creating safe and nurturing learning space to support individuals and professionals in transformative learning and growth. [r.martin@spt.com.au](mailto:r.martin@spt.com.au)



**Richard ‘Rich’ Martin** is a group facilitator with background in business, training and mentoring. His particular interests are in mindful personal-development for men and others who have experienced disadvantage and loss. He works in his own businesses, which include property, storage and IT-support, and volunteers other time in a wide range of local and overseas community-development projects. He is a Facilitator in preparation with the Center for Courage & Renewal, and is excited to be sharing a suite of such high quality and relevant leadership and personal development tools. [rm@studio110.com.au](mailto:rm@studio110.com.au)



“In this culture, we know how to create spaces that invite the **intellect** to show up, to argue its case, to make its point. We know how to create spaces that invite the emotions to show up, to express anger or joy. We know how to create spaces that invite the **will** to show up, to consolidate effort and energy around a common task. And we surely know how to create spaces that invite the **ego** to show up, preening itself and claiming its turf! But we seem to know very little about creating spaces that invite the **soul** to show up, this core of ourselves, our selfhood.”~ Parker J. Palmer ~