



Live on Purpose Coaching

presents

The Coach's Retreat

with

Gary Buxton MBE



9th -12th November 2023

**Hewenden Mill , Nr Haworth,
West Yorkshire**



Calling all Coaches!!

Join us at Hewenden Mill, for three immersive and inspiring days of coaching!

- Daily workshops and supervision guided by Gary Buxton: BA (Hons.) GMBPsS, FRSA, PCC, MBE
- Dérive - outdoor coaching in the beautiful Bronte countryside
- 3 nights in our wonderfully comfortable mill workers cottages set within a private, 12 acre woodland estate.
- Fully catered with a range of delicious and nourishing homemade meals - vegan and gluten free options available.
- Optional workshop 'Building the confidence to build your own website' with Susan
- Trip to Saltaire - a UNESCO world heritage site to visit Salts Mill and the surrounding village (taxi's included)
- Fun after dinner coaching 'exercises' with Susan and Maddy
- Cosy evenings spent with new friends - relax have fun!

This is a wonderful opportunity to expand your coaching knowledge, practice and network.



The Workshops: with Gary Buxton

Gary is an experienced and highly qualified coach and psychologist. He is a coach supervisor, mentor and delivers coach training on Barefoot's flagship, ICF accredited, PG Cert in Personal and Business Coaching. These workshops have been designed specifically for this retreat with the aim of unlocking the true potential of coaching, for you and your clients.

Workshop 1: The Neuroscience of Coaching: Unlocking the Power of the Brain

Discover the fascinating world of neuroscience, understand how the brain influences coaching outcomes, and learn practical techniques to optimise your coaching effectiveness.

Workshop 2: Exploring Coaching Psychology: Models and Evidence of Behaviour Change

Gain valuable insights into coaching psychology, explore evidence-based behaviour change models, and learn practical tools to support your clients' transformational journeys.

Workshop 3: Coaching in Nature: Harnessing the Power of the Outdoors

Immerse yourself in the beauty of nature and experience how the outdoors can inspire and enhance coaching. Engage in derive walks, awe walks, and attention restoration practices to unlock new possibilities in your coaching approach.

Workshop 4: Integration and Reflection: Coaching Supervision for Real-World Application

Integrate your learnings from the previous workshops and engage in supervision-style discussions. Reflect on your existing clients, apply new tools and techniques, and collaborate with fellow professionals to enhance your coaching practice.



The Venue

Set in 12 acres of ancient woodlands, nestled at the bottom of a tranquil and secluded valley, Hewenden mill provides the perfect place to relax and unwind. This 18th century cotton mill complex and surrounding landscape has been lovingly restored by Susan's family over the last 35 years. For the last two decades, they have been welcoming guests, from all over the world, to stay in the historic, grade II listed mill conversion and to share this idyllic setting. Susan's emotional and spiritual connection with the place makes it the perfect venue for coaching retreats.

Cosy mill workers cottages offer wonderfully comfortable accommodation during the retreat. The cottages can accommodate up to 3 guests, each staying in private bedrooms, with either an ensuite or shared bathroom. For friends who would like to attend the retreat together, there is the option of sharing a twin room. There is a well-equipped kitchen diner and lounge in each, allowing for 'time out' from the wider group. If you're looking to treat yourself to some quality 'me time' - there is the option to book an entire cottage/apartment to yourself.

The large, open plan workshop is located on the first floor of Hewenden Mill. It takes full advantage of the mill's architectural heritage to offer wonderful natural light and glorious views across the surrounding woodlands and gardens.

Beyond the valley, just 10 minutes drive away, is the picturesque village of Haworth. Birthplace of the Brontë sisters and home to the Brontë Parsonage Museum, the cobbled main street and surrounding windswept moors vividly bring the literature to life.

If art and culture's your thing, a trip to Salts Mill (15 minutes away) is a must. A UNESCO world heritage site, the village of Saltaire was built by its philanthropic mill owner, Sir Titus Salt for his workers. Today, the imposing mill is home to a permanent David Hockney exhibition, Salts Dinner, bookshop, 'Home' store, antique market, art shop and bespoke jewellers.



Catering

A range of breakfast items will be available within your accommodation to be enjoyed at your leisure.

Lunch - a hot and cold buffet freshly prepared by our in house chef enjoyed as a group.

Dinner - Home cooked, two course evening meal with vegan and gluten free options available.

Alcohol is not included in the retreat fee but you're welcome to bring your own or buy some locally to enjoy in the evening.

Getting to Hewenden

The valley of Hewenden is secluded but not isolated - getting there is easy!

By car - we are just off the B6144 on Cullingworth/Haworth Road. There are excellent motorway links into Halifax and Bradford - both are just 25 minutes away from Hewenden. There's plenty of parking immediately outside the accommodation. Further directions will be sent in the week before the retreat.

By Train: Leeds is the nearest major train hub and your destination from any major city (it's only a 2 hour train ride from London to Leeds). Change at Leeds for Bingley - trains depart every 30 mins and the journey takes just 20 minutes. Take a taxi outside Bingley station and 10 minutes later you'll arrive in Hewenden where we'll be waiting to welcome you. This is a super easy and relaxing way to travel!



Retreat Fees

Prices are inclusive of: accommodation, catering, workshops and activities and vary according to the room type you choose.

Entire cottage/apartment - £800

Private bedroom with en-suite/private bathroom - £650

Private bedroom with shared bathroom - £550

Shared bedroom (twin beds) with shared bathroom - £450pp
(only available to friends booking together)

Private and shared bedrooms are in shared houses of up to 3 other participants.

Each room type is subject to availability on a first come, first serve basis.

How to book your place

1. Message Susan via LinkedIn (or email) to let us know you'd like to join us.
2. Susan will then get in touch to discuss your accommodation and catering preferences.
3. A £100 deposit via bank transfer will secure your place -this is refundable up until the 1st September should your circumstances change. After this date, the deposit is non-refundable.
4. The balance will be due on the 1st October - a Stripe invoice will be sent via email enabling you to pay the remainder on your credit/debit card.
5. Directions and arrival info will be sent 2 weeks before the retreat.

Places are limited - reserve your place today!



Are you coming?

Let's go!!

**Contact Susan Richardson via [Linkedin](#) or
email Susanrichardson0275@gmail.com**