

CONSCIOUS LEADERSHIP & MINDFULNESS RETREAT

20-22nd March 2015 Herm Island, Guernsey



Would you like to discover how to tap into your true nature, to be more successful and happier with less stress and more calmness?

Then this weekend residential retreat is for you! It will be especially relevant for busy leaders, professionals and entrepreneurs who have achieved some career success already. Participants will experience together how real transformation and inspiration comes from inside - how to develop our conscious leadership qualities and skills on a professional and personal basis.

Who should attend?

Leaders, Business Leaders, Directors, Entrepreneurs & Professionals

What topics will be covered?

The weekend begins on the UN International Day of Happiness and will focus on taking a fresh approach on how we are influenced, think, feel and express ourselves to improve our leadership skills. We will also learn about how to integrate some of the benefits of Eastern philosophies and practices for our wellbeing into our daily lives including mindfulness and meditation.

Who will lead the Group?



The group facilitator will be David Green who set up his business in the financial markets in London when he was 23. He retired at the age of 42 and now lives in Guernsey. David has meditated for 20 years, having been mentored by two realised gurus from India. In his recent book, [The Invisible Hand: Business, Success & Spirituality](#), he describes how meditation changed his life to find more calmness and more business success. He also writes blogs for [Huffington Post](#) about Leadership, Business & Meditation.

David will share with the group his unique mix of experience and knowledge from East and West to help us find renewed focus and new calmness to achieve and clarify our goals. David says:

"The traditional Western philosophy of ambition and success at any cost to increase our happiness just isn't working. Even though we know this truth, many of us still continue in a never ending spiral to the detriment of our health and wellbeing. As leaders, if we can find

the formula for a happier and calmer way to work, then this will have a powerful effect on our staff, clients and families. Meditation and mindfulness can help achieve these goals - how to connect to our true nature - to be more joyful, successful and content."

Cost & Venue

We have secured exclusive use of the wonderful 4 star White House Hotel, Herm Island - an amazingly beautiful island just a 20 minute boat ride from Guernsey. As Herm is 'off season', very few visitors if any will be there apart from us. **The early bird price of £399 (reduced from £445) for paid bookings made before 23rd January 2015** includes two nights accommodation, full board healthy vegetarian meals, a selection of hot and cold non alcoholic drinks, the course fee & return private boat from Herm. Each participant will have their own private bedroom ensuite. The limited number of sea view rooms will be allocated on a first come first served basis.

The retreat is being organised by David Green's company Masters & Son Limited which gives 50% of its business profits to support children's charities particularly in India. The retreat begins at 5.30pm on Friday 20th March 2015 and ends at 4pm on Sunday 22nd March.

PLACES ARE STRICTLY LIMITED SO PLEASE RESERVE YOUR SPACE ASAP and by 23rd January 2015 to receive the early bird rate by completing the enrolment form below.

Invoices can of course be provided for your Company if required.

How do I get to Guernsey? There are flights from the UK and Europe via [Aurigny](#) and [Blue Islands](#).

Please note: You will need to take the last Trident boat to Herm from Guernsey at 4pm on 20th March to attend the retreat. The boat leaves St Peter Port which is circa 20 minutes taxi ride from the airport. Please don't miss the boat! You can buy your one way ticket onboard.

One person per company/household. If you have any other questions just ask!

Enrolment form:

Please complete, cut and paste, sign and return as a PDF to dg@the-invisiblehand.com

CONSCIOUS LEADERSHIP & MINDFULNESS RETREAT 20 - 22nd MARCH 2015

Name:

Address:

Company name & Position:

Email:

Phone number:

Venue: The White House Hotel, Herm Island, Guernsey

Commencement: 5.30pm 20th March 2015.

You will be given the weekend schedule on arrival. The retreat will end at 4pm on Sunday. A private boat has been arranged to take us back to Guernsey, the cost of which is included.

Healthy but plentiful vegetarian food will be served during the retreat.

[If you have any diet allergies please describe here:](#)

General: The purpose of the retreat is to create an environment where participants can really use the time to contemplate and be more conscious of what is happening in their lives. There will be no strenuous activities on the retreat, but please bring appropriate walking shoes and clothing if we go out for a walk and comfortable clothes so you can be relaxed. The use of mobile phones and laptops is strongly discouraged during the retreat. An emergency number will be given to you for your near and dear ones in case you need to be contacted.

Travel Insurance: Please note that it is your responsibility to have your own travel insurance in case of any unforeseen circumstances, cancellation, medical or other emergency.

What else do I need to bring? Just yourself. Everything will be provided.

To: Masters & Son Limited ("the Organiser")

I confirm my enrolment for the above retreat. I understand that the fee of £399/£445 is non refundable. However, in the unlikely event of my cancellation, the Organiser may allocate my place from a waiting list (if applicable) or I will try to find a suitable replacement (to be approved by the Organiser). If a replacement is found then where applicable a refund less administration and other costs will be returnable. I confirm that I will/I have my own travel insurance.

I understand and agree to the above terms and conditions.

Signed.....

Name.....

Date.....

On confirmation of your place, you will then be forwarded payment details to be made by cheque or preferably via Paypal. If your company requires an invoice beforehand please provide information here: