
Gather in the New Forest, Hampshire, to enhance and enrich your practice, nourishing body, mind and soul, with coaching and psychological practice supervision, masterful mentor coaching, and holistic, creative and somatic experiences.

BOOKING NOW FOR OCTOBER 2023 (17TH - 20TH)



PRESENT

MASTERY WITH SOUL

a retreat for experienced
coaching professionals

A collaboration between Anna Springett, EMCC Master Practitioner and Chartered Coaching Psychologist, and Clare Norman, ICF MCC and Master Mentor Coach.



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Are you a coaching professional on the journey of mastery?
Would you like to deep-dive into your coaching practice, attending to
both you as coach and your place in the global system?
Are you hungry to expand your coach-awareness and bring mastery
and soulfulness to all that you do? If so, this retreat is for you.



Anna Springett (BPS Chartered Coaching Psychologist, EMCC Master Coach, CSA Accredited Coaching Supervisor, and BPS Psychological Practice Supervisor) and Clare Norman (ICF MCC, Master Mentor Coach and Certified Coaching Supervisor) have created this unique retreat to support you on your journey of coaching mastery, offering you the opportunity to engage in professional coaching and psychological practice supervision, masterful mentor coaching, and a range of holistic, creative and somatic experiences to enrich both your professional practice and you as a human being.

Our retreat will offer options so that you can choose what you most need as a professional and as an individual wishing to leave a legacy. Our aim is to support you in expressing your strengths, needs and preferences, and to be as inclusive as possible, whether our unique differences are visible or otherwise. At the heart of this retreat is the bringing together of diverse perspectives and approaches - and our hope is for this to pervade every aspect of Mastery with Soul.

Who is this for?

This retreat is for **experienced** coaches, mentors and coaching psychologists who want to invest deeply in their practice; for coaching professionals on a journey of mastery; and for those who simply want to slow down in a restful and restorative setting for themselves, to reconnect with your global purpose or recommit to personal values.

Mastery shifts us from filling in gaps in our knowledge, skill or experience into appreciating everything we have and why it is crucial in what we are doing and how we are being.

If you are wondering whether you can class yourself as experienced, then you should come! Humility is vital in our quest for mastery.

If your focus is on seeking a 'badge' of mastery or searching for more tools, then this retreat is probably not for you.

We see the lack of diversity in the coaching field and invite experienced coaches from all backgrounds and intersectionalities to join this retreat.

We embrace the uniqueness that each of us brings. If there is anything that you personally need to make this a nourishing, safe and accessible experience for you, please let us know. And if cost is an issue, please get in touch for a conversation.

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What can you look forward to?



CLARE NORMAN

Three to six hours of masterful mentor coaching with Clare Norman, contributing towards the ICF Master Coach Credential. Mentor coaching is a form of structured supervision involving observed coaching practice with focused feedback, and a powerful addition to our continuous professional development (CPD).

If you are en route to ICF MCC, this will give you some of the mentor coaching you need. Not an ICF coach? This presents an exciting opportunity to experience a distinguishing aspect of the ICF approach to professionalising coaching practice.



ANNA SPRINGETT

Three to six hours of group coaching supervision with Anna Springett and a group of fellow-professionals with similar levels of experience. As a Chartered Coaching Psychologist and psychological practice supervisor (BPS RAPPS), as well as a CSA accredited supervisor and EMCC Master Coach, Anna's supervision contributes towards the BPS chartership process, as well as supporting coaching practice and CPD for all our professional coaching bodies.

Three to six hours of alone and communal time, in various forms of reflective practice.

A range of holistic practices to support your development as an embodied and systemically-aware coaching professional, including yoga, sound bathing, and ecologically inspired reflection, with the whole experience wrapped in quality, comfort and nourishment.



Our Mastery with Soul retreat was born of the belief that the world needs the expertise, diverse experience and particular focus of each of the specialist coaching bodies, gathered together as a unified and enriched offering for experienced coaches. What if, as coaching and mentoring professionals, we embraced and embodied the best of what each professional body has to offer? What if we wove together an integrated focus on coaching competence, evidence-based approaches, systemic and somatic awareness, and creative reflective practice?

Mastery with Soul brings together what the British Psychological Society (BPS), the International Coaching Federation (ICF), and the European Mentoring and Coaching Council (EMCC) have to offer the coaching profession and our global clients.

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Where is this retreat?

We will stay at the wonderful Warborne Farm, a 100-acre family run farm nestled between the Solent and the heathland and forest of the New Forest in Hampshire.

Those who have seen 'Farm Life' on the Discovery Channel will have already met our warm and welcoming hosts; you can read more about the farm at www.warbornefarm.co.uk.



Warborne Farm invites us to relax and rejuvenate together in their traditional farm buildings that have been sympathetically and beautifully converted into high quality accommodation, using traditional materials and incorporating features that reflect their 180-year history. Warborne shares our values around kindness to the planet, being carbon neutral and using renewable energy sources for all its heating and hot water needs.

We will use their home-grown produce in our meal preparation, and you might wish to collect your own eggs for breakfast. We have an experienced cook and home economist planning our meals – please alert us to your dietary requirements in the registration form.

There is an accessible room available at the farm.

We want to make sure you feel as welcome and comfortable as possible. If there is anything we have missed or that you need to know, please get in contact.

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Retreat agenda

TUESDAY

Afternoon:

Arrive and settle in
from **15.30 -16.30**

Opening circle:
Communal gathering
to co-create our shared
retreat container

Free time

Shared meal

Fire-side community
and story telling or
free time

WEDNESDAY

Pre-breakfast Yoga,
personal time, or lie-in
- you choose!

Mentor Coaching or
Psychologically informed
Group Supervision

OR

Reflective Practice Alone
or in Community

Lunch and down time

Enriching our coaching
practice, with creative,
soulful activities

Free time

Shared meal

Sound bathing or
free time

THURSDAY

Pre-breakfast Yoga,
personal time, or lie-in
- you choose!

Mentor Coaching or
Psychologically informed
Group Supervision

OR

Reflective Practice Alone
or in Community

Lunch and down time

Enriching our coaching
practice, with creative,
soulful activities

Free time

Shared meal

Fire-side community and
story telling or free time

FRIDAY

Pre-breakfast Yoga,
personal time, or lie-in
- you choose!

Mentor Coaching or
Psychologically informed
Group Supervision

OR

Reflective Practice Alone
or in Community

Lunch

Communal gathering,
grounding preparation for
our return to life and work,
and closing circle.

Departure: 15.00

We encourage you to please stay for the whole retreat, except in emergencies, as it has been carefully designed to transition you in and out of the reflective space.

Your investment

Your investment is £1750 + VAT to include a single occupancy room. We are offering an early bird rate of £1700 + VAT if you book and pay by 31st May 2023.

Twin occupancy will be £1550 + VAT per person or £1500 + VAT for the early bird.

We ask for a non-refundable deposit of £400 + VAT to hold your place.

How to book

Please **click here** for a link to our registration form which will take you through our booking process. If you would like to book a call to discuss your booking, please email Debbie Frith at masterywithsoul@gmail.com

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ANNA SPRINGETT

About Anna Springett

“What I love about hosting retreats is that it allows a deeper expression of who I am, professionally and personally; it is a holistic space in which to work. As a coach, psychologist and supervisor, I intertwine my professional experiences, gathered over many years, with my ‘whole self’ and my excitement for the human experience. It is this that led to my founding Ohki, ‘space to be’, a new venture offering professional retreats for leaders, coaches and teams.

For me, retreats are a place for people to stop and reflect, a place to see more clearly. Professional retreats offer new perspectives and an opportunity to pause, learn and move out from. My passion is to create a space that nourishes, enriches and empowers individuals and leaders, business owners and community influencers, for the greater good. For us all to be fully alive, knowing and embodying who we are and bringing this courageously to the world. This is what gets me excited. What about you?”

Anna is a Chartered Psychologist (Occupational & Coaching), Master Coach and Team Coach Practitioner with the European Mentoring & Coaching Council (EMCC), and an Accredited Coaching Supervisor with both the Coaching Supervision Academy (CSA) and British Psychological Society (BPS, RAPPS). Anna specialises in leadership and team coaching, working with leaders, teams and organisations in a wide range of sectors. She has offered supervision, development and reflective practice in various forms for leaders and professionals for many years, with two decades of hands-on experience as a leadership consultant, psychologist, and not-for-profit executive chair, as well as volunteering for the BPS and EMCC. “I am also an artist and poet, a keen gardener, and a lover of food!”

What people have to say... about working with Anna

‘Anna was a supportive, insightful and highly practical coach supervisor. She was extremely flexible in adapting our supervision sessions to meet my needs, as well as providing an appropriate level of challenge to support an effective exploration of my perspective and approach as a coach. She was able to draw on her breadth of coaching experience to offer up pragmatic solutions and techniques where relevant to help me move my coaching practice forward. I got a great deal of value from Anna’s supervision professionally as a coach but I also appreciated the warmth, humour and engagement that she brought to each session.’

Chartered Coaching & Occupational Psychologist

‘Anna is generous, open and intuitive. She holds the supervision space in a way that benefited me and focused on my needs. She has an ability to tune in to where I am coming from and bring perspective, slowing me down and encouraging me to step away from the detail, to take a more holistic view.’

Independent OD Practitioner, Executive Coach and Business Owner

‘The best coaching experience I have had because of the trust and intimacy and style of coaching. Anna stands alongside and not in the way.’

L&D Consultant, Executive and Master Team Coach

‘I place a tremendous value on Anna’s supervisory sessions. She quickly creates the environment for a trusting group to form, and for considerable learning about myself and the craft of coaching.’

Strategic Director and internal coach

‘Anna is considered, thoughtful and generous as a supervisor. Following supervision, I find myself restored and also curious about my practice, leaving each session with food for thought and a focus on how I enhance my coaching presence – Anna creates a space where this feels natural and rewarding’.

Director of a coaching business



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CLARE NORMAN

About Clare Norman

"My guiding word for the year (and likely forever) is Yin. I have so much Yang pace in my life that I need to be more easeful to balance that out. That's where retreats come into play, helping me to find my Yin - and me helping you to find yours, for mind, body and spirit.

And my daily mantra to myself for the last fifteen years has been to be a sunbeam to all of my fellow human beings. Warming, bright, nurturing, growth-inducing.

I've been running a form of retreat for nearly a decade, called a lock-in. That might not sound very retreat-like, with a name like that, but I pride myself on making these retreats accessible, sustaining and refreshing, as well as challenging, bringing my inner sunbeam to the fore.

I create retreat experiences that enable us all to slow down, to learn and grow as human beings, to expand our thinking outside of its usual boundaries."

With over 20 years of coaching experience, Clare is highly sought after by other expert coaches, as well as successful coach training companies as a Master Mentor Coach. Clare looks to continually sharpen individuals' coaching edge and upskill mentor coaches so they can deliver high-quality feedback to their coaches-in-development. Her laser focus on mindset shifts and her knack for spotting marginal gains has made her a go-to person for coaches looking for mentorship and practical, meaningful ways to improve their practice.

Clare's first book, *Mentor Coaching: A Practical Guide*, is a work of passion and according to Fran Fisher MCC, 'makes a significant contribution to the conscious evolution of the coaching profession, [and] offers a new paradigm for coach mentoring and the continuous personal and professional development of the coach.'

Her second book, *The Transformational Coach: Free your Thinking and Break Through to Coaching Mastery*, draws together all that she has discovered from mentor coaching over 250 coaches about what coaches need to unlearn in order to be masterful coaches.

Clare is also a prolific blogger and an award-winning regular feature writer for industry magazines and journals. She lives in the New Forest with her husband and bloodhound in a home that they built themselves.

What people have to say... about working with Clare

'Clare is a leader in the field of mentor coaching and in the coaching profession as a whole. The best practice she emanates in her words, in her training, in her core being are second to none - if only more could be like her! She's created a space where we learn, where we try things out, where we get messy and ultimately where we move forward in service of the people we work with, and in service of coaching as a whole. I can't recommend Clare highly enough. I've been coaching for many years, and have many different approaches in my kit-bag to use - this process and the learning that Clare has so beautifully guided us through has totally transformed my thinking, my coaching approach, and how I'd like to move forward with my practice.'

Executive, Leadership and Career Coach, Team Coach, Accredited Mentor-Coach, Business School Tutor and Mentor Coach, Professional Certified Coach

'Thank you for your excellent supervision. It has been unexpectedly enlightening, really usefully insightful and of course enjoyable and stimulating. I have learnt about myself, and my coaching; and I have learnt about blind spots and patterns of behaviour in my coaching. And it has suggested new opportunities for me to challenge myself and further develop my capabilities as a coach.'

Executive Coach, Business School Tutor, Accredited Mentor Coach, Professional Certified Coach

'Clare is my Coach Mentor - her in depth knowledge of the ICF coaching competencies and unique ability to provide support has accelerated the quality of the coaching I provide. This has definitely benefited me, my clients and my business. I appreciate Clare's professional approach and I fully trust her open, honest and respectful feedback and excellent guidance!'

Business Owner and Professional Certified Coach



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Extended Retreat team



Caroline Eyles PhD, FRYOG

Caroline teaches vinyasa flow yoga and has been practicing yoga since 2004. She trained to teach yoga with FRYOG (Friends of Yoga) in 2016, with a focus on using breath and movement to enhance mindful awareness of the present moment and connection on all levels of the person. Caroline has a 20-year career as a healthcare researcher and practitioner, giving her a solid understanding of health and wellbeing, and is a member of the Yoga in Healthcare Alliance (YIHA) which enables her to deliver a protocolized yoga course within healthcare settings. She brings her experience of working with yogis of all ages and stages, together with her warm and gentle style, making yoga with Caroline a safe, nurturing, and restorative experience.



Dilip Karia

Dilip is an inspirational and dynamic leadership consultant and fully qualified coach, mentor and psychotherapist with 20 years ongoing experience of using his skills to enable personal development whilst remaining authentic and empathic. His experience includes working within local authorities, the police and fire service, further education and the civil service.

Dilip is passionate about delivering inclusive, light-hearted, fun sessions in natural surroundings which provoke meaningful, lasting experiential learning and he has a never-ending desire to be a catalyst for positive change and happier, fulfilled lives.

Away from work, he is passionate about nature, health and wellbeing. His unwavering belief is that life is precious, and every day is an opportunity to grow, learn and make a difference.



Robin Freeman

Robin Freeman is a sound healing practitioner, gong master, meditation guide, reiki master and crystal energy worker.

During an immersive sound journey and gong bath experience Robin will very gently guide you using breath work, meditation techniques, and a wide variety of sacred sound healing instruments and tools that have been gathered from many different countries around the world. Once the session has finished it's common for people to leave feeling refreshed, revitalised, and rejuvenated. These sessions can also help with conditions such as stress, anxiety, depression, and sleep disorders.



Sara Farr

As a talented Cook, Food Stylist and Home Economist, Sara can be found creating wonderful meals at our tailored events or working behind-the-scenes for well-known television productions and live events, such as Channel 4's The Great British Bake Off and ITV's Cooking With The Stars.

How to book

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