



Courage
& Renewal
AUSTRALASIA

The Courage Way
a Circle of Trust[®] Series

The Courage Way How to create trustworthy space

Develop your sense of identity, integrity and purpose.

Listen more deeply to your inner wisdom and to others.

Strengthen your capacity to build relational trust.

Embrace paradox in dealing with challenges.

Build reflective practices to help sustain your heart and hope.

Saturday, 15 February 2020

9.00am – 4.30pm

Kohimarama, Auckland

What if courage comes from a deep trust in ourselves, a trust rooted in profound self-knowledge?

Courage requires trust – in ourselves and each other, and trust in the overall balance of life. At the heart of trust is our own self-awareness and emotional intelligence. Once we begin to listen to and trust the truest part of ourselves, our choices, actions and relationships flow from that trust, begetting more trust. Trustworthy relationships create the conditions for people and their shared purpose to flourish, and for positive change to arise. Trust is one of the keys to personal well-being.

This is the second in a series of five one-day retreats, each exploring a fundamental aspect of the [Circle of Trust[®]](#) approach. In this retreat we will delve into the Circle of Trust principles and practices that help create and sustain trustworthy space, practices you can use in your personal and work lives to help you grow and sustain trustworthy relationships and be more effective and resilient in the face of life's changes and challenges.

Using poetry, metaphor and other evocative media as a starting point for self-reflection and shared exploration, this retreat offers space for you to reflect on this powerful question in your personal, relational and work lives:

What would you do with more courage?



The most distinctive and important features of the Circle of Trust were the openness and honesty, the silence and waiting, and lack of commentary or judgement or fixing. This is such a change from usual life! I loved the gentle pace of the day. It gave me time to breathe.

Sandy Robertson, Diocesan School for Girls, Auckland

Themes were explored using silence, interactive reflection, the most wonderful poems, videos and a variety of activities. I really appreciated learning about 'open and honest questions' which I now use in my practice as a clinical psychologist.

Veerle Poels, Whakatane, NZ

A stunning day - a very authentic, safe and inclusive experience. Aroha mai to you, Mennie, for creating the space and place. This was an opportunity to celebrate our seasons, connect with our world and our place in it, and to be deliberate about growing ourselves in new ways that enable us to see and think in new ways.

Pip Woodward, Tauranga.

I believe that many others would find value in such supportive spaces in which they can be deeply heard and enabled to process what is important to them.

**Helen Pearson, Principal
Horizon School, Auckland**

**Trust
is the foundation for
doing good work
together.**

Mennie Scapens
The Rebel's Guide to Leadership

Going on retreat:

We use the word 'retreat' not to suggest escape or withdrawal, but rather as an opportunity to consciously engage at a deeper level with your life and work – time and space to pay attention to your identity and to embrace the various roles and responsibilities that fill your life. It is about engaging fully with yourself and the work you do.



This is the second in a series of 5 one-day retreats:

**Program Fee: \$195.00 per day
(\$175.00 Early bird by 15 January 2020)**

Includes materials, lunch, and morning and afternoon teas.

Attend individual days or the entire series:

Series Fee: \$780.00 (Full payment by 30 November 2019)
(5 retreats for the price of 4)

Dates for your diary:

The Courage Way:-

How to live & lead with integrity	Saturday 16 November 2019
How to create trustworthy space	Saturday 15 February 2020
How to listen deeply & question well	Saturday 16 May 2020
Embrace paradox & transform conflict	Saturday 1 August 2020
Reflective practice in community	Saturday 14 November 2020

Payment by cheque or online to:

Bank Account: 12 – 3263 – 0003290 – 02

Learn more by visiting www.couragerenewal.org/approach



About the venue:

With spectacular harbour views and peaceful and spacious gardens, the Mary MacKillop Conference Centre in Kohimarama offers an ideal retreat setting close to the centre of Auckland.

30 Holgate Road
Kohimarama
Auckland
New Zealand

Phone: 09 528 1801

Email: marymackillopcentre@sosj.org.au



Meet your facilitator:

Mennie Scapens, MEd, is a facilitator prepared by the Center for Courage & Renewal in Seattle. She is the co-founder and former principal of [Matahui School](#), an independent primary school in the Bay of Plenty.



Today Mennie designs and leads leadership development programs, professional renewal retreats, and programs for personal development.

Mennie is passionate about helping people uncover and grow their unique talents and dreams, to discover personal pathways to living and leading authentic lives, and to access the courage to step into personal and professional leadership.

Further information can be found at www.menniescapens.com or she can be contacted by email at scapens@xtra.co.nz

To register:

Numbers are limited in a Circle of Trust, so please complete and return the attached registration form early to secure your place. Payment with registration please.

For more information, please contact Mennie on 027 686 7449

REGISTRATION:

The Courage Way
- A Circle of Trust® Series -

How to create trustworthy space - Saturday, 15 February 2020

Your personal details			
Name:		Place of employment and position (if applicable):	
Daytime contact number:			
Home address:		Work address:	
Preferred email address:			
Any special dietary needs?			
Any other special requirements?			
Would you like to receive information about future retreats?			

Payment		
<input type="checkbox"/> YES, I wish to register for the series	Program Fee Early Bird Fee Series Registration	Register for one day or the entire series: \$ 195.00 per day \$ 175.00 (Registration required by 15 January 2020) \$ 780.00 (First retreat fee as deposit, full payment required by 30 November 2019)
Direct Deposit: Account Name: M Scapens Account Number: 12-3263-0003290-02 Reference: Trust [your surname] or Series [your surname] Cheque: Payable to M. Scapens		Dates for your Diary: Retreat 1 Saturday 16 November 2019 Retreat 2 Saturday 15 February 2020 Retreat 3 Saturday 16 May 2020 Retreat 4 Saturday 1 August 2020 Retreat 5 Saturday 14 November 2020
Cancellation Policy: We understand that life challenges emerge and changes happen. Cancellations must be made at least two weeks before the program date. The facilitator regrets that she may be unable to offer any refund or credit if you cancel within two weeks of the program. If the program is cancelled due to low enrolment or other circumstances, you will receive a full refund. Please note travel costs are solely the responsibility of participants.		

Return this form	
Post to: Mennie Scapens 398 Snodgrass Road RD4 Tauranga 3174	OR email to: Mennie Scapens at scapens@xtra.co.nz

For further information, please contact Mennie Scapens on 027 686 7449.