



Courage
& Renewal
AUSTRALASIA

The Courage Way
a Circle of Trust® Series

The Courage Way How to listen deeply & question well

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, 16 May 2020

9.00am – 4.30pm

Kohimarama, Auckland

When we learn how to listen more deeply to others, we can listen more deeply to ourselves.

– Parker J. Palmer –

Mindful listening lays the foundation for authentic leadership and building trustworthy relationships. To listen deeply to another is one of the greatest gifts we can give them. And deeper listening comes from asking deeper questions. When we listen to each other, and to the stories of our own lives, we discover something new in the other person, perhaps in ourselves. We connect.

This is the third in a series of five one-day retreats, each exploring a fundamental aspect of the [Circle of Trust®](#) approach. In this retreat we will develop our capacity to ask honest, open questions, and to listen deeply to one another, practices which we can use beyond the retreat space to help build trustworthy, caring and effective relationships in our personal and professional lives.

The [Circle of Trust®](#) approach is based on the work of writer, teacher and activist [Parker J. Palmer](#). It offers safe space for self-reflection and shared exploration. This retreat is for you if you are looking to develop your capacity and courage to lead a more authentic, meaningful and engaged life that is aligned with your inner values.

“Listening is a skill that we’re in danger of losing in a world of digital distraction and information overload.”

— Seth S. Horowitz, ‘The Science and Art of Listening,’ *New York Times*.



I came away from the day with a love of questions. I love my new focus of asking questions to help people get to know themselves better, and not for my curiosity. I've already shifted my questions with people, and it has allowed for a deeper enquiry and a deeper connection.

Vanessa Davey, Leadership Coach, Tauranga, NZ

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.

What I learned is that deep listening will make a huge difference in my relationships.

Mark McLay, Teacher, Auckland

In the practice of our days, to listen is to lean in, softly, with a willingness to be changed by what we hear.

- Mark Nepo -



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 third in a series of 5 one-day retreats:

Program Fee: \$195.00 per day
(\$175.00 Early bird by 16 April 2020)
Includes materials, lunch and morning and afternoon teas.

Attend individual days or register for the series.

Further dates for your diary:

How to 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 Listen Deeply & Question Well - Saturday, 16 May 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	
	Program Fee \$ 195.00 per day Early Bird Fee \$ 175.00 (Registration required by 16 April 2020)
Direct Deposit: Account Name: M Scapens Account Number: 12-3263-0003290-02 Reference: Listen [your surname] Cheque: Payable to M. Scapens	Dates for your Diary: How to Listen Deeply & Question Well Saturday 16 May 2020 Embrace Paradox/Transform Conflict Saturday 1 August 2020 Reflective Practice in Community Sat 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.