



The Courage Way: Living & Leading with head & heart

a Courage & Renewal® day retreat for personal & professional development

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, 22 June 2024

9.00am – 4.30pm

Te Puna, near Tauranga

“A good head and a good heart are always a formidable combination.”

— Nelson Mandela —

Our competitive, social media-driven culture encourages a focus on our external life – our appearance, achievements, status, and wealth. Traditional education and management systems reinforce this with an external focus on outcomes, efficiency, and evidence of achievement. This can foster a tick-box culture that further discourages introspection and contributes to high levels of employee disengagement and attrition currently being experienced across many sectors.

We ignore the state of our internal life at our peril because it directly impacts on how we approach our outer lives, work and relationships. Personal and organisational growth, and meaningful change always begins within. Our internal life is central to our overall well-being.

This Courage & Renewal® day retreat invites you to put aside the busyness and external demands of your daily life and turn your focus within, to ‘the region of the heart’, where we bring together our intellect, our knowledge and experience, our values and beliefs, our feelings and intuition. It is from this integrated centre that we discover a deeper sense of purpose, greater creativity and wisdom, and the courage to show up in our outer lives, leadership, and relationships with integrity.

This will be a day of transformative reflective practice guided by insights from poets, storytellers, artists, and various wisdom traditions, as well as shared stories of our own experiences.

The heart is where we integrate the intellect with the rest of our faculties, such as emotion, imagination, and intuition. It is where we can learn how to 'think the world together', not apart, and find the courage to act on what we know.

- Parker J. Palmer -



About the venue:

The retreat venue is a private and peaceful harbourside home at Te Puna, a short drive from Tauranga city.

Phone: 027 686 7449

Email: scapens@xtra.co.nz

Address:

398 Snodgrass Road
Te Puna
Tauranga
New Zealand



Meet your facilitator:

Mennie Scapens, MEd, is a facilitator prepared by the [Center for Courage & Renewal](#). 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 and professional development, using the Circle of Trust® approach, developed by Parker J. Palmer and the Center for Courage & Renewal.

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



To register:

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

For further information, please contact Mennie by email or phone on 027 686 7449.

Living and Leading from within

from the inner ground on which you stand firm

REGISTRATION:

The Courage Way: Living & Leading with head & heart

— A Courage & Renewal® day retreat for personal & professional development —

When: Saturday 22 June 2024, 9am-4.30pm.

Where: Te Puna, near Tauranga

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?			
How did you hear about this retreat?			
Would you like to receive information about future retreats?			

Payment		
	Early Bird Registration	\$ 130.00 (by 26 May 2024)
	Full Registration	\$ 145.00 (after 26 May 2024)
Direct Deposit:		Registration paid: \$ _____
Account Name:	M Scapens	
Account Number:	12-3263-0003290-02	
Reference:	HEART + your name	
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.		

Please return this form, with payment online, to secure your place	
Email to: Mennie Scapens at scapens@xtra.co.nz	
For further information, please contact Mennie Scapens on 027 686 7449.	