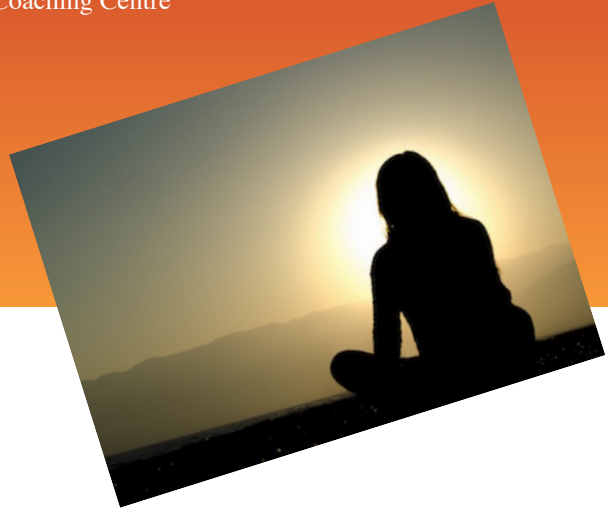


Executive Digest

From the Executive Coaching Centre



What is the value of a mindful retreat?

Mindfulness is a state of open attention of the present. It involves observing thoughts and feelings from a distance, without judging them as good or bad. Mindfulness helps people to live in the moment and to be awake to the full range of human experience. A mindful retreat is simply a two, three day or longer live in experience to practice open attention.

A mindful retreat has value in three main areas:

1. It is a longer period of rest, not just an hour or so, but two to three days. This enables rest to be deeper and more sustained.
2. It is free from the distractions of email, cell phones, travel, cooking and so on. How often does this happen in day to day life?
3. It aims for a wonderful balance between silent contemplation and stimulating learning. No mad rushing to do things, just a natural flow between the two.

A group of local coaches, psychologists and academics are running a two and a half day retreat to allow busy people to find some peace of mind. This is not a formal training course, but a gathering of like-minded people who want to share their experience, expertise and energy. The programme starts on a Friday evening 15 April and continues over Saturday and Sunday. It takes place in the beautifully restful St Francis Retreat Centre, Mt Roskill, Auckland. The Centre allows everyone to have a single room for the retreat. It is an opportunity to enter a focused and peaceful learning environment, away from the external pressures of our busy lives.

Sessions will include plenty of time for quiet mindfulness practice but also time to explore topics such as mindfulness and mental toughness, building on personal strengths using mindfulness, developing compassion, and using mindfulness to let go of daily hassles. It will include early morning Tai Chi lessons and periods of both silent and of walking meditation.

To register go to: <https://www.eventbrite.com/e/2016-samma-sati-meditation-retreat-tickets-21326025717?aff=es2>

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