

The *Dream Author* Retreat at Hewenden Mill

Thursday 9 May to Sunday 12 May 2024

Address: Hewenden Mill Cottages, Hewenden, Cullingworth, BD13 5BP

<https://www.hewendenmillcottages.co.uk/>

Nearest train station: Bingley

ESSENTIALS TO BRING

Notebooks and pens/Laptop - a way of taking notes, basically!
Walking boots/gear if you want to go walking in the countryside nearby

IMPORTANT NOTE

Each participant will have a 1-to-1 with Sophie. If you'd like her to read anything in advance of the retreat, please send pieces (no more than 2k words) before the end of 5 May. Thank you! There's no obligation to send anything - it will work just as well to use the 1-to-1 as a chance to discuss ideas/request coaching on a life or writing issue.

Retreat Schedule

THURSDAY 9 MAY:

2 - 6 pm: Arrival and settling into rooms.

6 - 7 pm: Welcome Prosecco, basic info session, and Q and A. This will mainly be 'Hello and welcome' and checking everyone knows what's happening when!

7 pm - 8 pm: DINNER

8 - 8.30 pm: *Group Session: Preference Clues (with Sophie)*

Why we often don't even realise that we have preferences, why our preferences matter, and how to take action in line with our preferences and improve our lives substantially.

8.30 pm: FREE EVENING

FRIDAY 10 MAY:

8 am to 10 am: Everyone gets ready and has breakfast in own accommodation.

10 am - 1 pm: Writing/Thinking/Journaling/reading time, and **One-to-Ones with Sophie** as follows:

11 am: Catherine

11.30 am: Karen L

12 pm: Briley

12.30 pm: Helen

1 pm - 2 pm: LUNCH

2 - 2.30 pm: *Group Session: What Believing Means and How To Do It (with Sophie)*

2.30 - 6 pm: Writing/Thinking/Journaling/Strolling/Reading time, or you can nip into Haworth and explore Bronte Country if you'd like to!

6 - 7 pm: *Group Session: Core Values Deep Dive (with Susan Richardson, guest coach)*

Susan's website is here: <https://susanrichardsoncoaching.co.uk/11-coaching>.

7 - 8 pm: DINNER

8 pm: FREE EVENING

SATURDAY 11 MAY:

8 am to 10 am: Everyone gets ready and has breakfast in own accommodation.

10 am - 1 pm: Writing/Thinking/Journaling/Strolling/Reading time, and **One-to-Ones with Sophie** as follows:

11.30 am: Karen S

12 pm: Mary

12.30 pm: Christine

1 pm - 2 pm: LUNCH

2 pm - 6 pm: Writing/Thinking/Journaling/Strolling/Reading time, or you can nip into Haworth and explore Bronte Country if you'd like to!

6 - 7 pm: *Group Session: Blended Goals (with Sophie)*

7 - 8 pm: DINNER

8 pm: FREE EVENING

SUNDAY 12 MAY:

8 am to 10 am: Everyone gets ready and has breakfast in own accommodation/and **One-to-Ones with Sophie** as follows:

10.30 am: Jane

11 am: Sarah

11.45: *Group Session: 'Listed' Models (with Sophie)*

1 pm: LUNCH and goodbyes

2 pm: RETREAT ENDS