

"You must come away"

A retreat for professional men¹



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A brief background to this retreat

Herbie Freudenberger, a quite well known psychiatrist, asked himself now over 30 years ago, what was it that his psychiatrist friends had in common? He found two principle features, cynicism and depression. He deduced the cause and thus coined the term "burnout". Retreats while not the sole domain of clergy and religious have provided an opportunity to take some time out. While retreats will not fully inoculate from burnout, they make damn good common sense. Retreats of this kind have traditionally been in the main been conducted from a religious perspective. Having attended any number of these over the years and certainly read Peter Brock's fine little book, from which this retreat borrows its title, it was transparent to me that a retreat could be developed based on a similar pedagogy and structure.

Whereas many would have no problems of a retreat having a Christian even Buddhist theme, it can be I suspect quite off putting for others and as a result it may be that they would not normally take such an opportunity and thus experience such a "professionally lifesaving" opportunity. This is not in-service training, nor a holiday, or a naval gazing exercise, where you will sit under a triangle and say "Omm" (unless you want to of course). It's a retreat to think about yourself, your life, family and how well emotionally, psychologically and spiritually toned you are.

Roger F Peters PhD September 2006

Facilitation

Roger and Michele Peters have been facilitating "lifestyle" week long residential courses for many years, in particular for our war veterans and their partners. This retreat has been developed from that experience but in addition more than 25 years as clinical psychologists and working with not just individuals but organisations as well, perhaps including yours.

Timetable

Evening Day 1

1600 Registration.
1645 Overview of the retreat
1700 The first movement: On resilience and burnout
1900 Dinner
2000 Evening meditations.
2100 Lights out.



¹ This course is also available for women and mixed groups

Day 2

0700 Non Invitational meditation
0800 Breakfast
0900 The Five Tibetans
1000 Silence
11.00 The second movement: authentic leadership
1200 A conversation
1300 Lunch
1400 Reading (self directed or set)
1530 Exercise
1630 Free time
1730 The third Movement - Honesty
1900 Dinner
2000 Film: What the @#*\$ do we know?
2200 Lights out

Day 3

0600 Sunrise and the art of contemplation
0730 Breakfast
0830 Walk
0930 The fourth Movement towards a new sense of self in the tradition of St Bernard.
1100 A final Conversation
1200 Farewell
1230 Close.



Administrative Details

The Location: Watagan Lodge, Coorabong City of Lake Macquarie NSW.

Accommodation: Private individual rooms

Availability: All seasons on days to suit.

Duration: 2 nights over three days

Cost: \$1500.00 (all found)

Items to bring: Casual Clothes, good footwear, and your favourite non fiction book.

For Further information:

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Roger F. Peters

Testimonials

