



Personal Change for Cultural Change

29th January – 31st January 2009

Global Retreat Centre, Oxford, UK

Programme

Tuesday 29th January

- 7.00pm Silent reflection with audio-visual (Optional)
- 7.30pm Dinner
- 8.30pm **Session 1: Identify the personal impact of change**

Wednesday 30th January

- 7.30am Guided meditation (optional)
- 8.00am Breakfast
- 9.00am **Session 2: When I Change, The World Changes**
- identify opportunities for improving relationships and atmosphere at work
- 10.30am Break
- 11.00am **Session 3: Understanding Control, Power and Force**
- Understand the difference between force and power and how they affect you and others,
 - From small steps to changing the organisational culture
- 1.00pm Lunch and free time.
- 3.30pm Tea
- 4.00pm **Session 4: Unearthing the Core**
- Learn methods to deal practically with negative emotions and feelings about oneself and others
 - Developing inner values for clarity, confidence and consistency.
- 6.00pm **Session 5: Inner Stability in Times of Change**
- raise awareness of the existence of higher order values as **spiritual qualities** inherent within the individual regardless of background
- 7.40pm Dinner
- 8.30pm Entertainment

Thursday 31st January

- 7.30am Guided meditation (optional)
- 8.00am Breakfast
- 9.15am **Session 6: Managing My Mind: Think Before You Think!**
- Recognise the value of a **calm mind** in facilitating **clear decision making**; particularly with the current performance climate by which we are all affected.
- 10.45am Break
- 11.15am **Session 7: Sustaining the Change**
- recapping on personal growth and mental, emotional and spiritual development
- 12.35pm Summary and personal reflections of the seminar with Ann Renton and Maureen Goodman
- 1.15pm Lunch and departure