



# CAILLER

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# RETREATS

## ONLY ONE LIFE

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If you are at a time in your life when you want to think about who you are and who you are becoming, then this retreat is for you.

The retreat is seven days in a beautiful house on the banks of the Charente in France in community with up to 11 others. In an ethos of relaxed and friendly engagement and enquiry we seek to be fully alive. The invitation is to come as you are and take it from there.

## AT CAILLER YOU CAN BE AT EASE TO EXPLORE:

- what you most deeply want,
  - where you could be more whole,
  - what you might want to change, and
  - what really matters to you.
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The retreat starts with a Primer Orientation before Dinner on the Saturday (the metaphor taken from the idea of an artist priming their canvas), and departure is after breakfast on the following Saturday.

## DAILY PROGRAMME

- **Meditation** first thing in the morning and in the late afternoon.
- **Breakfast**
- **The Community Gathering** from 9.30-11.00 blends each personal enquiry with the wisdom, compassion and challenge of the Retreat community.
- A '4th Plinth' session from 11.30 -13.00 is a space to co-create and apply what we want to reflect on.
- **Lunch**
- **Free afternoon**—Shared walks, or lone ones, if you prefer. Time for some shared buying and preparing of food.
- **Evening meal**
- **After Dinner**—an opportunity for personal time or for further sharing and thinking.

There are shared bedrooms and that is part of the delight and challenge of the community and its development, but if you are clear about needing your own room we will see what we can organize nearby.

Caillier has a library, a mini-Great Hall, log fires, a terrace and a large garden opening on to the river.

The Hosts are experienced facilitators who have mentored leaders, run and consulted to organisations, listened to people in their search to find life, healing, purpose.



**NICHOLAS BRADBURY** (whose house it is): Ordained in 1973, I became a Senior Fellow of the King's Fund in 2002 and was Head of System Leadership at the NHS Leadership Academy till 2017. I now run *Humanum ... to develop the human* and *Caillier Retreats* are part of this.



**KEITH LAMIN**: I have always worked in the church where leadership development and personal growth have been major aspects of my work. I have sought to weave together a sense of spirit, organization, and awareness of both the conscious and the unconscious.



**KATHY NAIRNE**: I worked in the NHS as a clinical psychologist for 35 years, including in senior leadership roles. During this time I learned about the value of creative leadership and the importance of shared opportunities for reflection. Now semi-retired, I provide supervision & mentoring.

We have designed this retreat to balance personal freedom and reflection with community life and sharing. We will be available throughout for 1-1 consultations.

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*A week in Caillier gave me the space to assess what is important to me with skilled facilitators and co-participants: All that in a glorious rural French setting; it's an opportunity to be taken when you can.*

Alan Higgins FRSA, Director of Alan Higgins Ltd,  
former Director of Public Health for Oldham

*My experience of the week's activities were of feeling calm, deeply reflective, emotional, supported, inspired and ultimately re-energised. Wonderful people, a wonderful place and a very happy time.*

Commissioning Manager - Children's and CAMH services

## TRAVEL

You can fly to **Limoges** (best) with both Ryanair (and Easyjet from Southampton) or **Poitiers**.

You could drive.

You could come to **Ruffec**, 25 minutes away, by train. We can collect you from airport or station.

Nouvelle-Aquitaine contains some of the finest Romanesque architecture in France.

## COST

£700 (= £100 a day). But don't let cost stop you; give what you can.

## DATES

The dates of the next Caillier Retreat are:

**20 - 27 July, 2024**

## HOW DO I APPLY?

Email or phone:

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