



CROSSROADS RETREAT

“Stand at the crossroads and look, ask for the ancient paths, ask where the good way is and walk in it and you will find rest for your soul”

A Crossroads Retreat is for you when you sense something is changing in your life but are not clear about the way ahead

Book now at www.graceconsulting.ie
or for enquiries, please email us on:
amy@graceconsulting.ie

Time and Space To
Think Things Through In
the Stunning Setting Of
Glendalough Sanctuary



WHY CHOOSE A CROSSROADS RETREAT?

Two days for a life changing experience (fully inclusive of accommodation and meals)

We give you an opportunity to get your bearings; a chance to contemplate those questions which will help you to choose your next steps, or new direction, with excitement and confidence.

You will be encouraged, through a guided process, to reflect on where you are and helped to identify your own uniqueness, decide what you really want and create a plan to move forward—all in a secure and peaceful environment.

On a Crossroads Retreat, you will learn to:

- Appreciate your own unique gifts and abilities and how best to use them
- Discover how to express yourself more fully in your activities and relationships
- Make the right choices at your current crossroads
- Become more confident in your ability to handle similar situations in the future
- Most importantly, you will be encouraged to be more fully who you really are.

The retreat has a maximum of eight participants with two highly experienced retreat guides who are professional coaches in personal, spiritual and leadership development.

A PLACE YOU CAN TRULY BE YOU



RECENT ATTENDEES HAVE SAID:

"I feel this has equipped me in much more than a practical way to move body and mind, naturally and with more lightness into this next phase of my life"

"The pace was just right. When I initially looked at the agenda I thought it was quite sparse but because of the engrossing nature of the Programme it was just spot-on. The pace was ideal to give participants to reflect & engage"

"I'm coming away with a strong sense of thankfulness and the sense I can go easier on myself in future"

"It's a week since the journey began on the first Crossroads Retreat in Ireland and I feel privileged to have been part of it. The setting in Glendalough was particularly special.

Having had a further week's holiday in Ireland to digest the experience of last weekend, I can honestly say it was transformational."



HOW WILL A RETREAT HELP ME?

A retreat is time and space set aside by you, for you.

A retreat enables you to draw on your own insights and experiences, identify hopes and dreams, and develop the necessary skills to make wise choices during challenging and uncomfortable times in your life.

Retreat Guides



Chris Blakeley founded Crossroads Retreats in the UK in 2004 and has run many retreats in many parts of the world. He is a Programme Director at St George's House, Windsor and also ran a global leadership development and coaching business for many years before stepping back in 2020 to develop his Spiritual Direction and Retreats practice. He is a trained coach, counsellor and spiritual director. Chris was born in North Wales and is drawn to the mountains and the sea and the Celtic spirituality that flourishes there



Corina Grace is a chartered psychologist and a licenced group analytic psychotherapist. She has an organisational practice where she works internationally with teams and groups on leadership, change, and transition. She also has a clinical practice where she runs weekly analytic groups. Corina has published and presented on the themes of careers, transitions, systems psychodynamics, and the social unconscious and has published a book on careers. Her desire when working with her clients is to enable them to access deeper and more transformative learning insights in the hope that this will lead to more conscious and fulfilling choices about their life purpose. Corina lives in Dublin and in her spare time loves nothing more than walking with her beautiful Cavalier dog Casey.

The benefits of a Crossroads retreat

- 'Time out' to address personal issues in a safe environment
- Space to reflect with others also at a crossroads
- Opportunity to explore your personal story and identify your unique gifts
- Feel equipped to move forward with confidence and a renewed sense of purpose
- Resources to help with your ongoing journey once you are home
- Facilitated by experienced and trained guides

"A very safe space to take the risk of exposing your soul."

FULL ITINERARY

We will welcome you to the retreat space on Day 1, and help you to settle in. We'll practice retreating together and will prepare for the days ahead. All materials are provided.

Introduction & Welcome

Welcome, and 'arriving'

Introduction to retreat principles and practices.

Opening activity. Grounding and reflection.

On the retreat you'll be reflecting on your current situation, what is true for you now, honing questions about what's next, and identifying the resources you have to take you forwards. These Crossroads Retreat will cover the following sessions:

Session 1 - 'Where am I at?'

'Letting our life speak' – where do I find myself right now and how did I get here? Sharing our stories and discerning our questions Before being able to discern the right next steps it's important to really listen to what you want deep down at your core. We'll create space to do that here and will guide you through some practices to help.

Session 2 - 'What do I want...?'

...from my life and my relationships Listening to my deeper heart. What really energises me? How do I keep this available to me? You'll be thinking practically about how you'll create your own way ahead.

Session 3 - 'Who am I?' (really?)

What are my gifts and talents? to enjoy and to share How to organise my life around who I really am We'll close by pushing into how to make the meaningful shifts you'd like to make. Again, you'll be thinking practically about how to move forwards.

Session 4 - What now?

Setting new intentions for how I want to live my life.... ...in the small things as well as the big ones.
Practical next steps and how to stay true to my intentions



What will you be doing?

The retreat guides you through a process of 'letting your life speak':

'Stand' – Reflect on where you are at in your life, and what has brought you here
'Look' – Discern what you really want for your life going forwards

'Ask' – Identify your unique gifts, qualities and other resources to take you forwards

'Walk' – Create a plan to move forward.

'Find' – A way of being that is right for you – your own 'good way'

All in a secure and peaceful environment where you'll be free to share as much or as little as you'd like.



YOU'RE IN SAFE HANDS

During the retreat you'll be guided through a process that has proven itself over 15 years with hundreds of people from all walks of life.

Trained guides will lead you through and will be available to offer support over the two days. We typically have only 8 people on a retreat, with 2 guides, so you are guaranteed the level of personal attention you need. One thing to note, one of our guides also brings her therapy dog, Casey, a very well behaved Cavalier King Charles spaniel!

"Very warm hearted, gentle & knowledgeable. Skilled in reading the group, fostering community & taking us on a journey." Roz. March 2019

What You'll Get Out of it

Our aim is that you make good choices at your current crossroads and have more confidence in handling such situations in the future.

People always leave our retreats with a renewed sense of inner calm, confidence, clarity and purpose. You will be much clearer on your own sense of direction in life and what your next steps will be. You will have a much stronger sense of 'who you are' – what really matters to you as a basis for making future decisions.

People also really enjoy the centering practices that we teach on the retreat – simple methods for grounding and stilling yourself so that you are much less distracted by all the 'noise' of life today.

"The retreat was excellent. I thought the build up over the 2 days up to the change walk was really good. There was a flow to it - and over the days it became clear what the pertinent questions would be. The answers will take a little more time but I'm confident I know what I'm looking for and how to get there"

June 2024