

There is an alternative to just leading from the top down



It's leading from the inside out

BECOME A MORE CONSCIOUS AND EFFECTIVE LEADER

"Be the Change You Wish to See in the World", - Ghandi

UPGARDE YOUR LEADERSHIP SKILLS IN A TOTALLY UNIQUE WAY

at our Scenic Retreat Centre near Cheltenham, close to M5

Deep Immersion into Mindfulness for Leaders who seek more...

Mindful Leadership Retreat

28th and 29th June 2017

MORE BALANCE to thrive in a VUCA world

MORE CLARITY to understand how your mind operates

MORE PERSPECTIVE to enable clarity and vision

MORE VALUE to inspire and engage others

MORE CONNECTION with yourself and the world

MORE TIME to accomplish what matters

BECOME A MORE CONSCIOUS AND EFFECTIVE LEADER



"It was a great investment in myself as a leader. These two days affected me in many profound ways. I was not new to the concept of Mindful Leadership but I had a great chance to deepen my experience and network with like-minded individuals. **I am already booked for the next retreat** and plan to bring some of my senior team members with me."

Kevin Rogers, CEO Paycare

"It was professional and worked well thanks to you. I'm again impressed by your commitment and glad that I came. Sincerely. Learned a lot and will put even some into practice."

AF, Doctor in Psychiatry, NHS

"You are in safe, caring and expert hands with Unicorn&co Academy. It teaches you the importance of managing your mind & finding balance. Any leader today would benefit from this experience in more ways than they would probably expect."

Richard Thorpe, Former Leadership Development Lead for Tesco, Director "WiseHeart"

I wanted to thank you for your kind hospitality and the opportunity of meeting you. I enjoyed the experience and your passion for mindfulness. I now need time for reflection and re-tuning of my mind to accommodate breathing and meditation.

I very much hope we can continue this friendship and collaborate to share thoughts.

Eric Gharakhanian, Leadership Coach

Explore the nature of your mind

Learn how to achieve more with less

Check-in with your authentic self

Find your centre



Our Special Retreat Facilitator this year



Natalia Cohen, TEDx Speaker, who set two world records in January 2016 by completing a journey of just under 9,000 miles from San Francisco, USA to Cairns, Australia in a 29ft ocean rowing boat. Natalia's incredible story of courage, presence and perseverance has been filmed and is currently available on Netflix. At the retreat Natalia will share her experience of how being mindful was critical to her journey.

*"Your mind is like
this water my friend.
When it is agitated, it
becomes difficult to see.
But if you allow it to settle,
the answer becomes clearer"*
Kung Fu Panda 2008



Mindful Leadership Retreat is a unique development experience.

There is an alternative to just leading from the top down. It's leading from the *inside out*.

That's what mindful leadership is all about. It's about recognising that your leadership is in service to others. It's about creating the space in your life to cultivate self-awareness and compassion, and leading with authenticity in a way that inspires others. Mindfulness leads to Authenticity, which is seen as the gold standard for leadership.

Mindful leaders are self-aware and they align people around a shared purpose and values, they empower them to create value for all stakeholders. They develop genuine connection with others.

It is for organisations that are looking to evolve to a new level of the authenticity with a new generation of mindful, humble, compassionate and courageous leaders that truly pursue their meaning and purpose.

Welcome to the Mindful Leadership Retreat.





360 Degree Transformational Programme for Leaders

Mindful Leadership

2-Day Retreat





NATURE is a real teacher. We can learn so much by just observing it. It also connects us with our true nature.



ADVENTURE is an experience, it is how we bond and build trust quickly. It helps us to let go of our barriers.



NEUROSCIENCE educates our left brain about the functioning of the whole brain and how we can re-shape it.



STILLNESS is a hidden secret behind clarity. It teaches us how to create more time.



IMAGINATION. It all begins with Imagination. Everything human-made we see surrounding us first has been imagined by someone. Imagination is the right brain privilege.



PSYCHOLOGY tells us about who we are and why we act in a particular way. It explains how we can change.



WELLBEING - Well-being is a powerful tool most of us are yet to discover. It is also one of the biggest inroads into self-awareness, self-appreciation and self-discovery. Wellbeing teaches us to appreciate ourselves in a healthy way and then we can start appreciating others.



PLAY - We made our lives too serious and forgot how to play. Playfulness makes our spirit grow stronger.



ENERGY -we gain energy and we lose energy. What are the most effective ways to create more energy and energise the whole organisation?



STORYTELLING - we identify ourselves through the stories that we tell ourselves. Time to review your story.



BREATH travels with us throughout our lifetime and we often take it for granted. Breath can transform our lives if we pay attention to it.

Programme Definition:

Your Story.
Each of us has a unique story to tell. And the challenge at times is to notice and appreciate your life story, being able to get a helicopter view of it and observing it entangled into other people's stories.

Your Time.
Time is just a perception of your mind. You can slow it down or speed it up. You can also gain more time. You can start doing less whilst achieving more. You will learn that this is only your choice.

Programme Manifesto:

"Be the Change You Wish To See in the World" - Ghandi

- I am the change I want to see in my organisation;
- By connecting deeply with myself I am able to communicate with others at a different level, transmitting clarity, clear vision, humility and passion;
- By understanding myself well through increased self-awareness I understand others and that enables my fruitful and effortless collaboration with them;
- By assessing my footprints I become aware of every step I make;
- By allowing myself to do less I notice how I begin achieving more;
- I am aware that when I get stressed and work at a fast pace under high pressure I get disconnected from myself and hence cease to understand and relate well to others;
- I am aware that by being controlling I show my inability to trust and let go and allow the development of others by giving them a space they need and letting them make their mistakes;
- I am aware that when I constantly work under pressure I am more likely to develop a thick skin and lose compassion in order to get things done;
- Tension is who I think I should be. Wellbeing is who I am.

"We don't see things as they are, we see them as we are", - Anais Nin