

# CREATIVITY FOR RENEWAL

*self-expression and creative problem-solving  
in life and work*

Spring 2018, at Hazel Hill Wood

**“Not everybody has to be an artist, but everybody can be one, if not a painter, dancer or writer, then an artist of living.”**

## THE WOOD

Hazel Hill is a magical 70-acre wood, with a great diversity of wildflowers, trees and fungi, providing a variety of landscapes and habitats. The retreat centre consists of beautiful off-grid wooden buildings, campfires and beautiful open spaces..



## THE FACILITATORS

### Jane Sanders

has over 25 years experience in working with a mindfulness based approach to wellbeing with groups and individuals, and has also incorporated deep ecology, ecopsychology and the wisdom of natural systems into her work in many different settings.



### Daniel Koerner.

works with individuals and teams across continents on realising sustainability projects. He combines mindfulness, leadership approaches, practices of social and environmental activism and non-formal education into a unique offering.



## ABOUT THE DAY

In this day we use creativity and curiosity as antidotes for being in a rut, a diminished sense of excitement for our work or general lack of energy. Through freeing up the mind and challenging habits of thought we can bring a renewed sense of aliveness and resilience to life and work. We offer tools and techniques that everyone can implement to help themselves to develop an “out-of-the-box” – thinking, self confidence and leadership to get or keep the creative juices flowing, whether it be to solve concrete problems or to free self-expression.. Join us for this day and leave refreshed, empowered and ready to approach any upcoming challenge at work.

## NOURISHING THE FRONTLINE

The 'Nourishing the Frontline' - programme has been funded and developed for frontline organisations in health and social care, counsellors, coaches, youth workers, social workers, community workers whose work is typically characterised by low resources, high demands and a high risk of burnout. The aim is to grow effectiveness and wellbeing in work, for you and your team, through practical skills which nourish your resilience and expand your capacity.



To find out more about the day or the overall programme go to  
[www.wisdomtree.uk.net](http://www.wisdomtree.uk.net), contact us at [wisdomtreeoffice@gmail.com](mailto:wisdomtreeoffice@gmail.com)  
or speak to Daniel Koerner on m 07599774716