

THE HEART OF THE MATTER

Joining passion and practicalities

Spring 2018, at Hazel Hill Wood

This day can help you clarify a vision and how to fulfil it, exploring ways that your work can fully engage both heart and head: for an individual, team, or a whole organisation.

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

Alan Heeks

has been exploring resilience with people and nature for many years and has led many groups on this theme, drawing on experience of resilient natural systems from creating an organic farm and setting up Hazel Hill. www.alanheeks.com



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

It's clear that great results happen when passion and practicalities converge, and this both grows from high resilience, and nourishes it further. Front line teams can easily be ground down by the sheer weight of operational demands: this makes vision, inspiration and heartfelt engagement even more crucial, and we'll consider realistically how to manifest them in this context.

Hazel Hill Wood provides an expansive, inspiring setting to help such explorations, and we'll use a number of processes to help you clarify a vision, resolve challenges, shape the steps to fulfil it, and see how all this links to wellbeing 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, contact us at wisdomtreeoffice@gmail.com or speak to Daniel Koerner on m 07599774716