



SEE CHANGE  
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## A life changing weekend

Exploring new directions? Are you changing course in your life? Wanting some time out for yourself? Need new ways of tackling challenge or change positively? Looking to create a more fulfilling balance between life and work?

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**“It’s never too late to be  
what you might have been.”  
George Eliot**

## **Who is it for?**

This weekend workshop is for anyone who wants space, time, inspiration and support to reflect on the changes and choices you are making or facing in your life.

## **What will we do?**

The programme runs over a weekend with two full days (9.30 am – 5 pm) on both the Saturday and Sunday.

The experience is designed to help you to look at your strengths, explore new directions and build your resilience to make the changes that you want to make in your life.

You will work as part of a group, sharing your insights and supporting each other in exploring your life changes. The two facilitators will work with you throughout the weekend to ensure that you get the most from your experience.

We can also offer follow-up coaching for those who are interested.

## **Where is it?**

See Change will take place in Nairn, a tranquil and inspiring setting on the Moray coastline, Scotland. We recognise that the beauty of the natural environment can support us in developing our awareness and learning.

## **What does it cost?**

£295 per person.

This includes facilitation, lunch and refreshments. Please note that it does not include overnight accommodation.

## **To Book**

To book your place for 2009, please contact one of the SEE CHANGE facilitators:

Karen Darke, [karen@inspireandimpact.com](mailto:karen@inspireandimpact.com)  
Tel: 01463 230326; 07810 590244

Jackie Scutt, [jackiescutt@btinternet.com](mailto:jackiescutt@btinternet.com)  
Tel: 0131 653 1613 or 07909 854530



# SEE CHANGE facilitators:

## Karen Darke

Why is it that some are fortunate enough to fall down, brush off the dust and go again, whilst others let it stop them? Through my personal experiences, particularly around becoming paralysed and the ensuing adventures I've had, I enjoy sharing some understanding as to how we can learn from the difficult stuff, and use it to do the positive stuff. How do we turn difficult challenges around, no matter how impossible it might seem?

I have ten years experience working in development training, an MA in Development Training, a CIPD qualification in Learning & Development, and a Diploma in Coaching & Mentoring. I run my own business, Inspire and Impact.

I've learnt we are capable of achieving all manner of things we may previously have thought impossible. Taking time and space, and the support of others, helps us realise the possibilities that lie within us.

[www.karendarke.com](http://www.karendarke.com); [www.inspireandimpact.com](http://www.inspireandimpact.com)



## Jackie Scutt

I am a coach and peer learning facilitator. My approach is to work with people to achieve optimal experience or 'flow' by developing strengths and building confidence. I have worked for 25 years with people in a range of formal and informal education and learning settings and it is my goal to support people to achieve their full potential in life.

I have an MA in Education and a Diploma in Coaching & Mentoring. I am a Fellow of the Institute of Leadership & Management. I set up the Social Enterprise Academy, the key leadership development provider for social entrepreneurs in Scotland, and was its Director for four years before stepping aside to run my own Learning and Development consultancy, Time & Tide.

I believe it is important to create space for quality time to reflect, to take in a wider perspective, and become more mindful about our actions, our decisions, our choices.

[www.timeandtide.org.uk](http://www.timeandtide.org.uk)

