



**Recent attendees  
have said:**

*"The retreat was an amazing oasis of space to stop normal life and reflect on where I am, what I'm good at and give me the confidence to take steps back to work"*

*"I learned that often the biggest problem is not the potential change but our resistance to even consider it."*

*"Now I have a greater awareness of myself I am looking to shape my new role to my strengths. I am not sure I would have been so open minded about the career step I've just taken before the retreat."*

*"The retreat gave me clarity around what I want, need and am good at. It was just what I needed at an important time"*

**Crossroads<sup>+</sup>**  
Retreats

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*Time and space to think  
things through*



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# Why choose a Crossroads Retreat?

## Two days for a life changing experience.

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.

*This is your time and these are your choices.*

## 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.

Each two-day retreat has a maximum of ten participants with up to three experienced retreat guides who are professional coaches or experienced in personal development.

## 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.

Our retreats are run in carefully selected locations throughout the UK where you will feel peace, and receive warm hospitality.

*A place where you can be truly you.*

*“The retreat has raised questions I didn’t know were there to be asked.”*

## Who are Crossroads Retreats?

We are a charity founded in 2004 to help anyone who finds themselves in a period of change or “at a crossroads” in their life. These periods, which many of us experience, can encompass anything from critical career or relationship decisions to moving on from bereavement or illness. You may just find that you feel stuck or stale and need to rethink, to find some new energy or purpose.

## The Benefits of a Crossroads Retreat

- ◆ ‘Time out’ to address personal issues in a safe environment
- ◆ Space to reflect with others also at a crossroad
- ◆ 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