



“Sacred Landscape: Insight and Wisdom through the 5 Seasons” from PattersonPrenticeDesigns

Join us for 5 face-to-face super-Vision sessions in 5 Parks & Gardens in London
from Spring 2022 to February 2023

Now in our 7th Year of Hosting Nature Inspired Coaching Supervision Groups!

“You do not need a sixth sense for it. It is there if you just close your eyes and breathe softly through your nose; you will hear the whispered message, for all landscapes ask the same question in the same whisper. 'I am watching you -- are you watching yourself in me?'

Lawrence Durrell, *Spirit of Place: Letters And Essays On Travel*

Come and Join Us!!

We will be working outdoors mainly using the backdrop of London’s great open spaces and nature’s changing seasons to inspire our practice as coaches and as coaching supervisors. Together, we will:

- Walk, talk and explore case work
- Reflect on you and your practice – alone and together
- Engage in collaborative dialogue
- Benefit from Nature as a wise teacher and source of insight
- Use a range of creative exercises relevant to each of the five seasons
- Combine movement and stillness (and a warm cuppa in the cafe absolutely!).

Design and Locations

Here is an outline of our design and probable locations for our work:

- Spring: Seeding and Blossoming in St James’ Park
- Summer: Relationships, Fire and Excitement in the Rose Garden, Regent’s Park
- Late Summer: Harvesting the Fruits in Green Park
- Autumn: Gratitude and Letting Go in Kensington Gardens

- Winter; Reflection, Incubation and Going Deep in a surprise location!

The dates for the sessions will be decided in conjunction with the participants.

The group is open to six participants. We are looking for people who will commit to the whole series so that the group's own evolution through the seasons can be a flourishing seasonal parallel process of learning and growing as a dynamic group.

Each session will last 3 hours – with the first session lasting 3.5 hours to give space for our contracting. You will have two supervisors Karyn Prentice & Elaine Patterson working with you.

About Us!



Elaine Patterson and Karyn Prentice, -
from the award winning PattersonPrenticeDesigns -
are a creative partnership dedicated to hosting retreats in
beautiful places across the world, inspiring people to be their
best creative selves.



They are both Senior Faculty at the Coaching Supervision Academy Ltd and co-lead the UK Diploma in Coaching Supervision. They are experienced international executive coaches, coach supervisors, retreat leaders, learning facilitators, creative writers as well as life long reflective practitioners. Their books "Natures Way – Designing the Life you Want through Nature and the Five Seasons" by Karyn "Reflect to Create! The Dance of Reflection for Creative Leadership, Professional Practice and Supervision" by Elaine form the bedrock of their practice.

If you would to find out more please contact Karyn on karyn@fletcherprentice.com or Elaine at elaine@ep-ec.com

Costs and Booking

The one year programme costs £650 payable (excluding VAT) in two instalments.

Your investment comprises 15 hours of CPD per person.

To book your place please email karyn@fletcherprentice.com

"Out beyond the ideas of wrong doing and right doing there is a field. I'll meet you there....."
Rumi