



'Starting the Artist's Way' Retreat

**Scargill House
Kettlewell
North Yorkshire
BD23 5HU**

Monday 9th – Friday 13th March, 2026

"We will discover the nature of our particular genius when we stop trying to conform to our own or to other peoples' models, learn to be ourselves and allow our natural channel to open."

Shakti Gawain



Flyer

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve

Why come on this retreat?

We are all creative beings. It is a natural part of being human to express our true self and to live in the flow of life. Often in life, we can become very busy and buffeted around by expectations. We can lose our sense of self and what truly matters.

This retreat will help us to reconnect with our true self and to learn how to live a more peaceful, resonant and fulfilling life. The retreat will introduce us to and help us to start 'The Artist's Way', a twelve-week creative and spiritual programme designed by Julia Cameron.

We may have a sense of how we wish to express ourselves; these may be fleeting ideas that go through our minds, long lost dreams from our early years or abandoned hobbies or projects. Such creative expressions are limitless in form. Also, we may have no real idea, just a sense of knowing that there is something to be expressed. All is okay.

The 'Starting the Artist Way' at Scargill retreat is for anyone who is:

- Sensing that they would like to express themselves creatively and not sure how to move forward
- Drawn to develop more spiritually and not sure what this means
- Wanting to bring more fun, playfulness and possibility into life
- Feeling lost and wanting to reconnect with themselves and live more freely
- Feeling tired and wanting to feel more energised and self-expressed
- Studying, working, or not working

This 'Starting the Artist's Way' retreat is for everyone, as we are all creative beings and is for people from all faiths and no religious faith.

"Like an ability or a muscle, hearing your inner wisdom is strengthened by doing it."

Robbie Gass

What led to the creation of this retreat?

Retreat facilitator, Cathy Brown, first came across The Artist's Way in the late '90s. Seeing one of her artistic friends complete it, Cathy assumed that it was just for artists, and as a psychologist, thought that it had nothing to do with her. Since then, a number of people have independently told her to complete the programme. In the end, Cathy listened to what was being said, and completed the programme for herself.

She found it transformational and in essence a powerful approach to supporting spiritual and creative development. Cathy is keen for other people to find out about it, realise that it is for everyone and have a community to support them on their path.

What will the retreat be like?

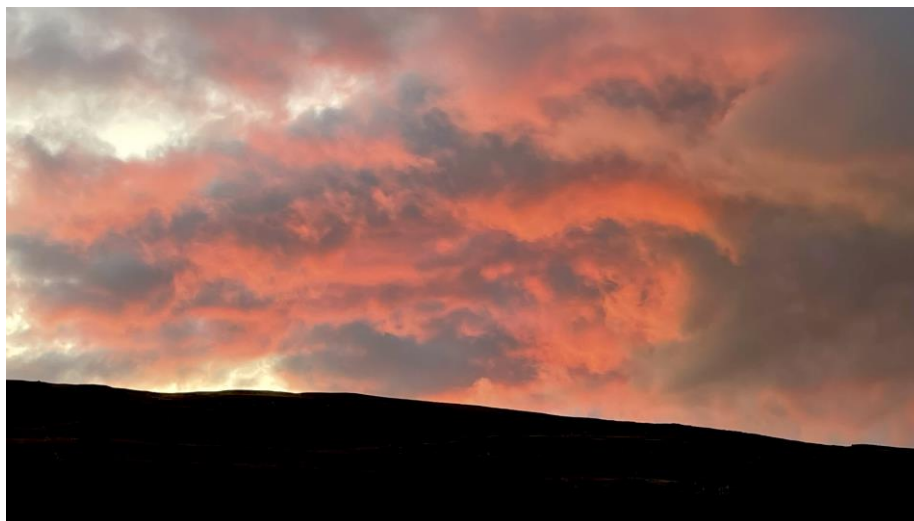
Cathy has a supportive, empathic style and will create a safe, intimate space where everyone is given an opportunity to share and be heard without judgement. The retreat will run over the course of five days with a small group of retreatants. Cathy will be joined by Phil Stone and Jo Penn, members of the Scargill community.

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve

Retreat sessions will be facilitated from the beautiful Marsh Lounge, our own private space within Scargill, with views of the gardens, woodlands and Wharfedale. As a Christian community, Scargill offers a beautiful, restorative haven for everyone from all faiths and none.



"Scargill offers a nurturing space. Nestled within the wild landscape and the ever-changing light, it offers a special place to re-connect, listen and grow."

Cathy Brown

The retreat approach is twofold. The first part involves reconnecting with yourself, tapping into your own intuition and helping to articulate what has led to you be drawn to the retreat. The second stage involves learning more about the programme, where it came from and the form it takes. There will be the opportunity to weave these together, and begin the programme individually whilst sharing your experiences in the community.



Over eight conversations there will be a careful balance of guided group discussion, personal reflection, short input sessions and small group sharing. Retreatants will draw upon their own copy of 'The Artist's Way: A Spiritual Path to Higher Creativity' and will be invited to complete personal reflective activities between each session.

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve

*"The noun of self becomes a verb.
This flashpoint of creation in the present moment
is where work and play merge."*

Stephen Nachmanovitch

Also, there will be free time to explore the beautiful Scargill estate, welcoming valleys and wild moors of Wharfedale.



"Every child is an artist. The problem is how to remain an artist once he grows up."

Pablo Picasso

Fees and dates:

The **'Starting the Artist's Way' Retreat at Scargill** will be held between Monday 9th and Friday 13th March 2026. We will start at 4pm on Monday 9th March and finish after breakfast on Friday 13th March, 2026.

The fees are £338 which includes: the retreat experience, all meals, refreshments and accommodation with shared facilities in Scargill on the four nights of Monday 9th to Thursday 12th March, 2026. Scargill has a limited number of en-suite rooms charged at an extra £11 per person per night.

It will be important for you to bring your own copy of the book with you: 'The Artist's Way: A Spiritual Path to Higher Creativity' by Julia Cameron ISBN: 978-1788164290.

How to book:

For more information about the retreat please contact Cathy Brown at cathybrown@evolve.eu.com

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve

To book on the retreat please book online at <https://scargillmovement.org/visit/event/starting-the-artists-way/>

To secure your booking a deposit of £50 per person is required at the time of the booking. Full payment is required one month before the retreat. Cancellation charges: more than 8 weeks before event – lose deposit, within 8 weeks before event – 50% of full fees, within 4 weeks before event – full fees.

career coaching transition coaching testing the water® publications licensing events
©Evolve Consulting Services Limited

Retreat facilitator:

Dr Cathy Brown

I am a Chartered Psychologist (registered with the British Psychological Society and Health and Care Professions Council), consultant and writer. Over the last 25 years, I have supported individuals, teams and businesses through transitions and change. For many years I worked with the global management consultant, HayGroup (now Korn Ferry), and since 2004 I have run my own consultancy evolve www.evolve.eu.com.



I love supporting clients through transitions, and helping them to realise their own possibilities. In this space, I develop and share insights, and weave these into my own personal and client practice. Also, I research, write and publish thoughts. In terms of books, I have published three transition guides under the brand Testing the Water®, and I often publish practitioner and academic articles within UK-based and international journals (I have a profile on Google Scholar). Furthermore, I regularly speak at seminars and conferences. More latterly, I have been awarded a PhD within the field of career mobility. In addition, with three other trustees I help to give challenged individuals a helping hand through life transitions www.evolvetransitiontrust.org. In particular, since 2012 we have helped special needs' students get ready for the world of work. Clients often describe me as being warm, empathetic and authentic.

If you are wanting to get more of a feeling of what it would be like to attend one of the retreats that I guide, then I enclose here some testimonials to give you more of a sense:

"I had the privilege of attending Cathy's "Time to Pause" retreat at Parcevall Hall in the heart of the stunning Parcevall Gardens in North Yorkshire. The setting alone is inspiring, a peaceful estate whose terraces, woodlands and hidden pools invite reflection and calm.

What truly made the experience exceptional, however, was Cathy's remarkably empathic leadership. From the very first "Arriving and Connecting" conversation, she created a safe, judgment-free space where a small, diverse group of participants, only four to six people, could be entirely themselves. Cathy listens deeply, notices the unspoken and skilfully balances different personalities so that each voice is heard and valued.

Across six thoughtfully structured conversations spread over three days, Cathy blended guided reflection, gentle questioning and generous silence. Her approach helped me uncover insights about where I am, what I want next and, crucially, what I can release to move forward. The rhythm of group dialogue, followed by solo journaling or quiet walks in the gardens, ensured that every exercise was well-integrated.

I left the retreat energised, grounded and equipped with a clear personal next chapter. If you are seeking time out to recharge, gain clarity or navigate a life transition, and you want a facilitator who combines professional expertise with genuine human warmth, I cannot recommend Cathy Brown and her "Time to Pause" retreat highly enough.

Cathy helps you hear your own wisdom, and that is a gift that endures long after the retreat ends."

Stefan Ljutzkanov

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve

"Recently I attended Cathy's Enneagram Retreat at Parcevall Hall. What I loved about it was the preparation, having the report in advance, allowing time for reflection ahead of the retreat. It allowed me to explore more deeply the questions that I was bringing and the wisdom that the Enneagram was offering to me.

This facilitated freer sharing and curiosity, and a safe space to foster the groups endeavour of deeper learning. The Enneagram holds a lot of wisdom, and has helped me to see the edges of my development."

Sue Jackson

"I thoroughly enjoyed my Enneagram retreat led by Cathy Brown. The insights from the Enneagram blew my mind.

Thanks for the experience, I would highly recommend it."

Helen Hardy

"I attended Time to Pause at Parcevall Hall in June 2024 and May 2025. By way of background, I have been an executive coach for over 30 years and attended many leadership workshops. Time to Pause is very different as it is a guided retreat.

Cathy is exceptional in so many regards. The content of the retreat reflects her broad and deep experience. The models and frameworks she has created and shares are highly professional yet she is careful to introduce them lightly and in context. Before the retreat Cathy took time and full attention to understand each of us and what we are looking for. From these individual conversations Cathy then put together some guided sessions.

These guided sessions enabled me to be highly reflective and move forward in many areas of my professional and personal life and have prompted further learning and development. I plan to attend further retreats.

As a person Cathy models the frameworks and learning. Highly intelligent in both IQ and EQ. She is so generous with her time, knowledge and experience and always kind and gentle with a great sense of fun and humour. Cathy is driven by a strong sense of purpose and this is reflected in her actions and being as well as in her work.

Parcevall provides a lovely setting for the retreats."

Retreat Participant 2024 and 2025

"I recently attended one of Cathy's retreats, 'Time to Pause'. It was the first retreat I had attended, and I will definitely be attending another of Cathy's.

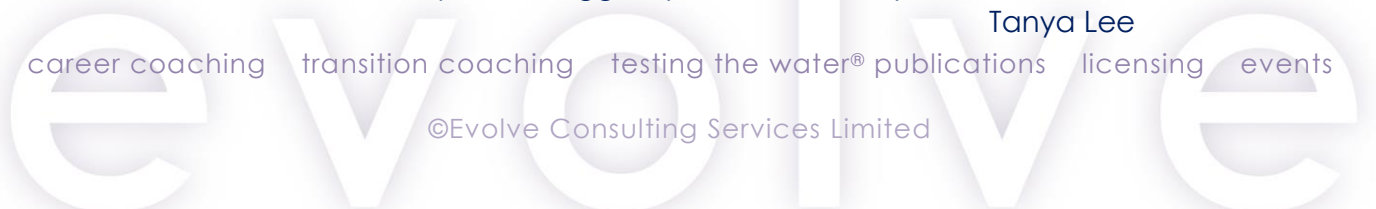
Cathy created an atmosphere where I felt 'lightly held' which enable me and the rest of the group to explore and share, there was guidance and a workbook, but with the wisdom and recognition that we went where the conversation took us.

If you are looking for a retreat, which gives you time to explore what you want, peace and space, I suggest you talk to Cathy."

Tanya Lee

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited



"Having worked with Cathy for many years, I have recently attended her 'Time to Pause' Retreat. Cathy is a great coach and fantastic person.

Her 'Time to Pause' Retreat was a safe and supportive space to enable reflection and exploration of yourself without the noise and distraction of the outside world.

I would definitely highly recommend!"

Sue Whurr

"I recently spent a most engaging weekend with Cathy Brown studying the Enneagram. Cathy managed to make a very complex subject both clear and enjoyable. The structure of the programme, the telephone conversation before the weekend and the journal summarising the ideas shared, meant that there was an excellent framework for delving further after the weekend.

Cathy's care of all of us exploring the Enneagram together was very evident and whatever our questions were, they were all handled sensitively. I feel that I have a greater awareness of my personality, its strengths and weaknesses, and the tools to cultivate it, after this immersion in the Enneagram with Cathy."

Anna Botwright

*"I have just been on a wonderful retreat run by Cathy Brown. The lovely calm atmosphere of the retreat, the structure of having four different conversations, the fluidity of each conversation with input from Cathy, the pair discussions and the small intimate group all contributed to a meaningful and refreshing two days away from everyday life.
The beautiful surroundings of Parcevall Hall were an added bonus!"*

Gilly Freedman

"I attended Cathy's Retreat – 'Re-Discovering Your Best Self' at Rydal Hall in the Lake District last month. I was a bit apprehensive as I wasn't sure what to expect, not having attended a retreat before. Cathy facilitated the 2-day event with her colleague Mike Mullins.

Cathy had clearly worked hard to create the best possible venue and atmosphere to enable myself and our small group to feel welcome, safe to explore such an emotive topic.

Cathy is extremely intuitive and receptive to everyone's needs and emotions, and guided us gently throughout the event, knowing when to support and guide discussion and when to allow the silence to carry us.

A really wonderful retreat which I would highly recommend."

Karen Munro

"I was recently a participant on Cathy's 'Building Resilience Retreat' in rural North Yorkshire. It was a wonderful and insightful course. Cathy's knowledge, sharing and nurturing of the group has given me so much personal learning.

I wouldn't hesitate to recommend her retreats (I've booked on the next one!)."

Sue Jackson

career coaching transition coaching testing the water® publications licensing events

©Evolve Consulting Services Limited

evolve