

# Spirited Business and Leadership

THE GOLDEN MEAN

*The desirable mid-point between two extremes*



7<sup>th</sup> - 11<sup>th</sup> March 2022

Broughton Hall,  
Skipton, Yorkshire

# Join Us

Broughton Hall Sanctuary, Skipton, Yorkshire.

Four nights and three full days of enlightening and immersive reconnection with ourselves, with nature and with our business. An event built in the spirit of unity.

Dates:

7<sup>th</sup> -11<sup>th</sup> March 2022

*Arrive Monday 7<sup>th</sup> March*

*8th, 9th, 10th March - Spirited Days*

*Depart 11th March by 12pm*

[BROUGHTONHALL.CO.UK](http://BROUGHTONHALL.CO.UK)

[AVALONWELLBEING.COM](http://AVALONWELLBEING.COM)

[MYGREENPOD.COM](http://MYGREENPOD.COM)



Broughton Hall Estate

avalon



*About*

# Broughton Sanctuary

SERVING A NEW WAY OF LIFE

The Broughton Hall Estate has belonged to the Tempest Baronet family for over 900 years. These 10 centuries have seen the Estate move from an agricultural community to a purpose led Sanctuary that aims to equip people with the skills to thrive, and help thrive, in a rapidly changing world.





*About*

# Broughton Hall

## HOUSE OF TRANSFORMATION

Sitting within the beating heart of the Estate, 'Broughton Hall' is one of the only exclusive use Historic Houses in the UK. Dating back to 1597, at first glimpse you might think of it as classic Downton Abbey, but look just a little below the surface and your whole perception will rapidly change.

The 32<sup>nd</sup> generation of the Tempest family Roger Tempest and his partner Paris Ackrill have created a House of Transformation. An inspirational and regenerative space that celebrates all that is good in the world. It is here where you can live the life of a new story in an authentic way.





*About*

# Avalon Wellbeing

## THE ART OF BEING

The newly created 'Avalon' is the Sanctuary's state-of-the-art Wellbeing Centre, an island of spiritual refuge. Dedicated to inner transformation for outer change, it has been founded on the idea of Source, or the belief that all philosophies lead to the same thing, the essence of life and creation.

Avalon gives us a sacred space in which we can discover the Art Of Being, and in doing so, return to Source.







*Itinerary*

# Day One



## MORNING

- Reconnecting with Nature
- Listening to the Trees
- Forest Bathing

*Lunch*

## AFTERNOON

- Gathering Up
- Harvesting and Sharing
- Initiation and Listening

*Dinner*

## EVENING

- Fire Temple Ceremony

*Itinerary*

# Day Two



## MORNING

- Exploring Purpose and Values
- Communicating with the Spirit of the Business
- Dancing with our Business

*Lunch*

## AFTERNOON

- Movement and Sacred Sound
- Attuning to intuition and inviting Nature to inform our decisions

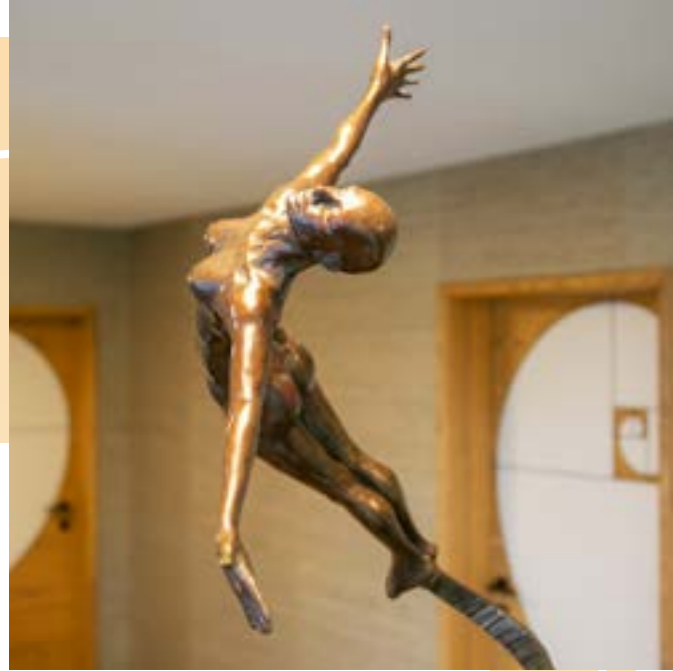
*Dinner*

## EVENING

- Fire Temple Ceremony

*Itinerary*

# Day Three



## MORNING

- What is the most important question we could ask?
- Constellation session

*Lunch*

## AFTERNOON

- Constellation learnings, teachings and integration

*Dinner*

## EVENING

- Fire Temple music and dancing

# Rooming

## STAY

We have a total of 24 rooms\* available for this unique event.

If you want to come, please confirm by emailing [jarvis@mygreenpod.com](mailto:jarvis@mygreenpod.com)

Rooms will be allocated once booked on a first come, first served basis, however all are stunningly beautiful.

*\*Please note Covid-19 regulations will apply and will be sent out with individual room details.*





BROUGHTON HALL





EDEN





STABLE COTTAGE





FOOD BY UTOPIA





# Pricing

SHARING TWIN BEDROOM £800 PER PERSON

YOUR OWN DOUBLE BEDROOM £1500 PER PERSON

ALL ACCOMODATION IS WITHIN BROUGHTON HALL

This includes premium accommodation, all food and drink, and all workshop segments listed. Breakfast, lunch and dinner will always be vegan; please let us know of any allergies or special requirements.

Use of Avalon, pool, sauna, steam and hydrotherapy also included - massage therapies and treatments will be extra.

Full payment to be made on booking to confirm your place.

*Please note: The event will be cashless and device-less so you can be free to digital detox and immerse yourself fully.*



# Pip Bray

## CO-GUIDE FOR THE WEEK: FIELDWORK



Prior to setting up Fieldwork, Pip spent 20 years' managing expansion projects for large blue chip companies, which ultimately saw her based in New York City, setting up a new business unit for Boots on Wall Street as it merged with Walgreens.

In 2016 Pip took 6 months out of the world of work to support different humanitarian projects including women's education and development in Nepal and animal sanctuaries in Bolivia before returning to the UK to gain her Post Graduate Certificate in Business & Personal Coaching.

As a fully qualified Constellator, Leadership Coach and Business Consultant, Pip is highly skilled at supporting individuals and organisations to become their best selves. Through her specialism in Constellations, Action Methods and Creative Coaching Techniques, Pip focuses on true embodiment of the change processes that ensure long lasting transformation is achieved.

Outside of work, she plays an active role in supporting the ongoing growth of The Land community in Derbyshire as they continue their investigations into finding new ways to live that allow humankind and the natural world to flourish together.

[knowingfieldwork.com](http://knowingfieldwork.com)

# Jarvis Smith



## CO-GUIDE FOR THE WEEK: SPIRITUAL BODY

Jarvis Smith remembers seeing an angel standing over him as a toddler, this memory lead him on a journey of self discovery which in his early 20's lead to a conscious spiritual path.

Before getting into business Jarvis studied with a female Shaman for 14 years developing skills in yoga, sacred sound, healing and energy work, but most of all listening to Nature and the Universe and learning how to interpret the guidance by bringing that wisdom into the physical World.

In business he is described as a thought leader, however Jarvis would say his ability is in the listening and trusting the wisdom that comes from a higher or deeper place. His sacred skill set is working with the spiritual body or field, the dimension everyone has but nobody talks about: Jarvis says *“we all know about our mental, physical and emotional bodies, it's time we met and fully integrated the spiritual one too. We might just get through the turbulent times that the climate crisis is offering for human evolution if we do, I truly believe it's the only way!”*

[jarvismith.com](http://jarvismith.com)

# See what our Spirited Business changemakers had to say...

“An immersive experience that’s both inspiring and challenging, giving you the tools to find or create your own purpose driven path”

- Sue, Founder of Kindz

“Leading with purpose in today’s world is very challenging, for me, Spirited Business has been the missing support that I needed to deeply empower real change within me as a leader and consequently within my business.”

- Tabitha, Founder Of Tabitha James Kraan

“Being part of Spirited Business has been a very special experience for me. Not only has it enriched my life and work by deepening my connection with our inherent unity and wholeness, it has also nurtured a network of remarkable friends with shared spiritual and ethical values who continue to inspire me.”

- Rhodri, Director Element Partnership

“This programme opened my heart as I saw the possibility of furthering the growth of spirit in my business.”

- Lord Stone of Blackheath, former CEO at M&S

“ I was intuitively lead to Spirited Business although I didn’t know why or what I would gain by attending or being part of this community. I listened to my heart and I knew intuitively I had to be part of this tribe.

As many of us believe, if we listen to our intuition with an open heart we are often lead to make the right decisions. This was exactly the right decision for me and it has transformed my life both personally and spiritually, in countless ways.

I been part of the weekly meditations and also the 2021 retreat at Broughton Hall, which took me on a transformational journey with Nature and has left me with an intention that has changed my life direction.

Today I feel more connected with Nature and with an inter-connected community that has helped both my internal and external world.”

- Karen, Special Events Manager Hatch Enterprise UK



# Here's what Eleanor Mills, founder of Noon said:

(former Sunday Times magazine editor)

A COMMERCIAL SUPPLEMENT DISTRIBUTED ON BEHALF OF MY GREEN POD LTD, WHICH TAKES SOLE RESPONSIBILITY FOR ITS CONTENTS CONSCIOUSNESS

I had popped up to Broughton Hall – 3,000 acres devoted to transformation – to chat to its owner Roger Tempest about running retreats there for women in midlife.

I'd just got back from a glorious, if freezing, swim in a tarn on the top of the Estate when Jarvis – a bushy bearded, gently spoken chap – accosted me in the Grand Hall of the main house. We started chatting and couldn't stop. He said he was running a Spirited Business retreat at the Hall – a chance for business owners to work out their purpose and their vision. I signed up on the spot.

## CHANGING THE WORLD

Now Spirited Business is not the kind of thing I would ever have contemplated doing in my old life as an editor at The Sunday Times.

Jarvis described it as a group of conscious founders, people who were in business to make money, sure, but who also had a higher purpose, who wanted their businesses to change the world.

This isn't just talk; Jarvis himself practices what he preaches. His own company, My Green Pod, is a kind of sustainable version of Amazon, sourcing and selling greener versions of everyday goods.

He's been at it for years. I was complaining that I'd had to stop twice to charge my electric car on the way from London to Broughton. He laughed at me, saying he'd had an early version of the Nissan Leaf; it had to be charged every 45 miles – mine did 150 (in theory) – so it used to take him 14 hours to make the 185-mile journey. Jarvis has been enacting his own green purpose for years.

It was important to me that my new company, Noon (a platform and community to empower women and help them find their next chapter), had purpose in its DNA. But I'd never run a business before, or been a founder, so I didn't really know what that meant, or what it might look like.

## VIRTUAL HANGOUTS

Unfortunately, the in-real-life retreat was postponed, once and then twice, due to Covid. But Jarvis had the genius idea of creating an online group of those who had signed up; rather than meeting in the splendour of Broughton, we assembled on Google Hangouts every Monday.

This group was a revelation to me. I'd been using online video conferencing for business meetings, of course. We all have. But I had no idea how intimate and supportive an entirely virtual group of strangers could become to each other.

Over the past five months, we have met religiously every week (sometimes more often), in that time I feel like my Spirited Business

## RETREAT DETAILS

24-28 May 2021

20-24 September 2021

Broughton Hall Estate,  
Skipton, North Yorkshire

Contact [Jarvis@mygreenpod.com](mailto:Jarvis@mygreenpod.com)



Eleanor Mills, founder of Noon, on the retreat that will ground your new venture in purpose

## SPIRITED BUSINESS

compadres have become my friends and allies. We've shared our hopes, fears and deep concerns, and have even meditated together while Jarvis holds the space, standing by the Yorkshire river near where he lives so we can hear the water, see the birds. It sounds crazy, but it has really worked.

## FINDING MY VOICE

For me, a big change was learning to speak in my authentic voice. As the representative of a global media conglomerate I'm a TV and radio veteran, but I found speaking publicly as me – for my business, sharing my true values – a much more intimidating prospect.

I found learning to articulate that authenticity, the true me rather than the corporate version, frightening and difficult.

Each week I would bring those feelings, those weaknesses, my concerns about whether certain aspects of the new venture would work, whether our new site would ever get built in time, to the Spirited Business group. In turn, I would hear about their concerns and issues. We helped each other.

As a group we were strong. Sometimes one of us would cry or be down, and all the rest would buck him or her up. I felt held and supported by a wise crew who really understood.

On different occasions we celebrated success. I've learnt to appreciate the sunny nature of some members who seem able to see straight into the heart of things, and have become firm email friends with several others.

## Find out more

Discover more about Eleanor Mills and transformation in midlife at [noon.org.uk](http://noon.org.uk)

Several have become allies to my new business and a part of what I plan to do in the future. And through it all, Jarvis has been a warm presence as well as a confidant and a spiritual guide.

## OPEN HEARTS AND MINDS

Often when we are seeking a new path, the way ahead is not clear or obvious. Sometimes others have beaten a path, other times we have to strike off into the bush and forge our own.

I know now that success in doing something new depends upon keeping an open mind and an open heart, seeing and seizing the opportunities which come our way. Often it is the mere act of being open to things, of putting yourself in their path, which opens doors.

If we are to move forward we need to put ourselves in the flow so the universe can help us. It is a scary, if wonderful, place to be. And it is much easier to do with a group of wise allies who have your back. I've also found that the wisdom of strangers can be easier to take than the same advice from those close to you.

The past year has been epic for me in terms of transition and transformation – I truly believe that Jarvis and our Spirited Business group have been a crucial part of that and I thank him and all of my new friends from the bottom of my heart. If you are thinking of setting up something new, or feeling a bit stuck, or want to put purpose at the heart of a new enterprise, I heartily recommend the Spirited Business retreat. It just might change your life.

# Travel & Contact

Broughton Hall  
Skipton  
Yorkshire  
BD23 3AE

*Estate Office:*

info@broughtonhall.co.uk  
+44 (0)1756 799 608

## HOW TO GET TO BROUGHTON HALL

### By road

*From the M1:* Leave at junction 42 onto the M62. Join the M606 and follow signs for Skipton.

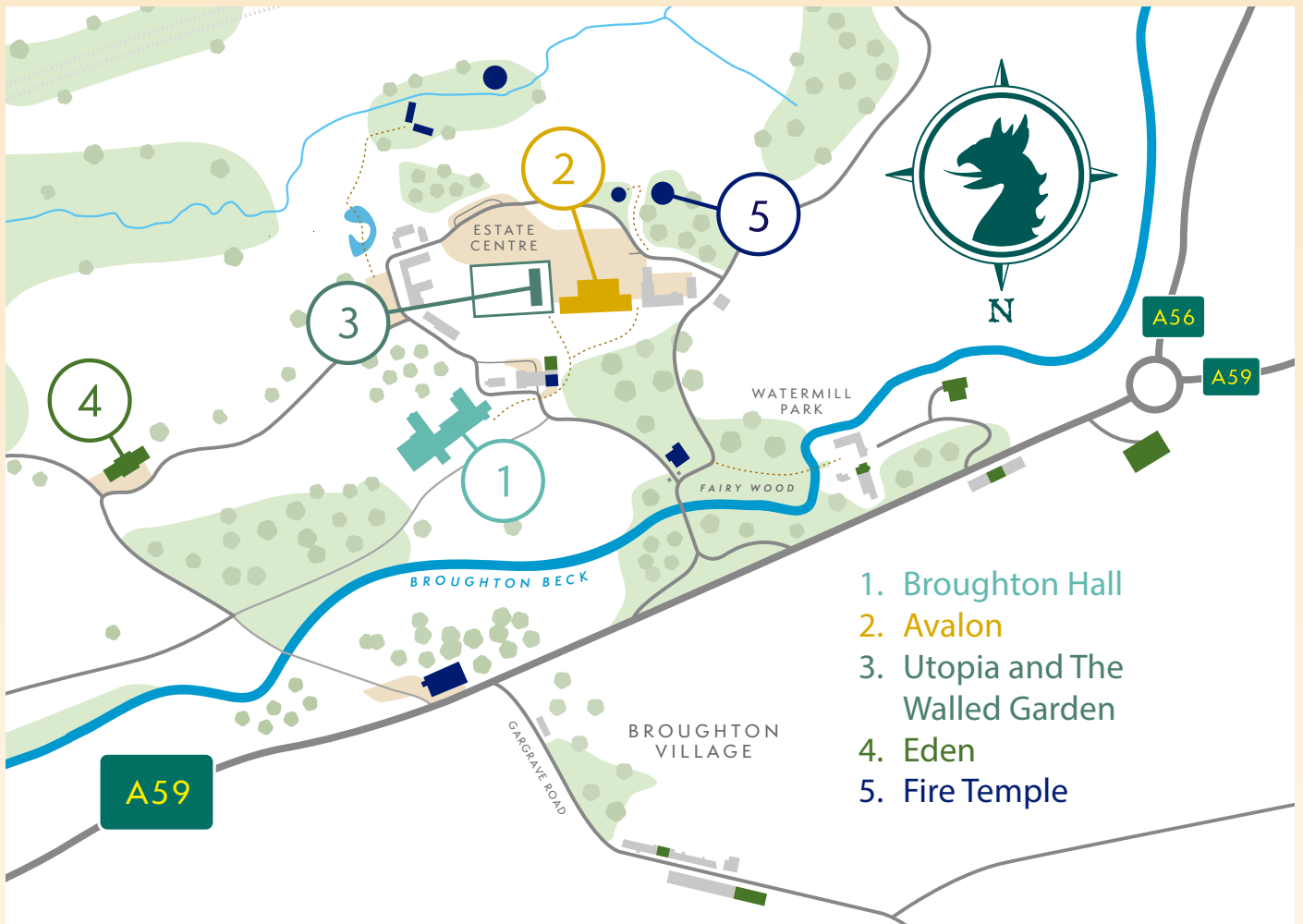
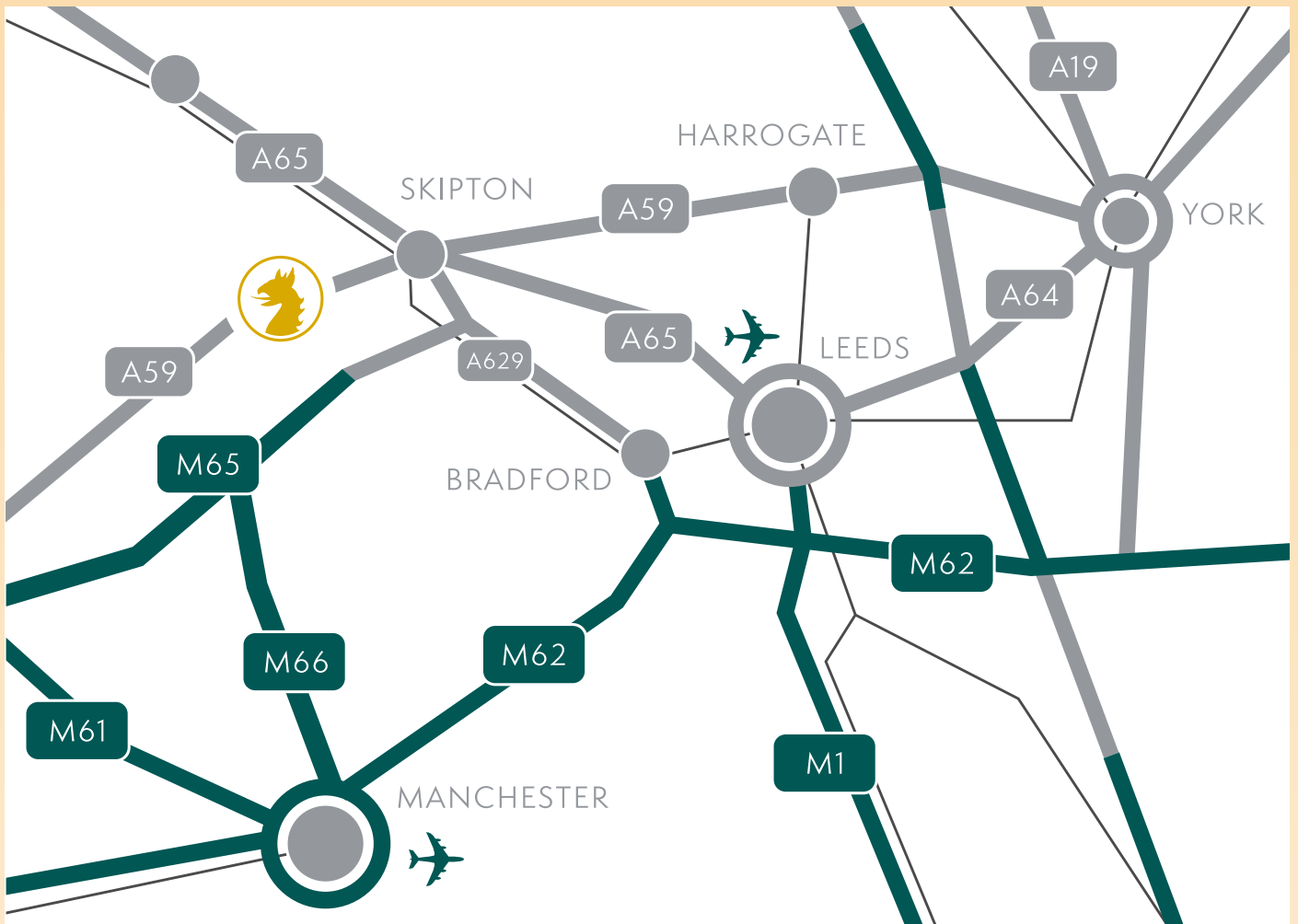
*From the M6:* Leave at junction 29 onto the M65 and follow signs for Skipton. Broughton Hall is located three miles to the west of Skipton on the A59.

### By rail

Skipton Railway Station is three miles away, a concierge service is available on request.

### By air

Leeds Bradford Airport is 24 miles away. Manchester Airport is 55 miles. The Estate is 42 miles from Manchester.



1. Broughton Hall
2. Avalon
3. Utopia and The Walled Garden
4. Eden
5. Fire Temple





Broughton Hall Estate

avalon



A big thank you to the Findhorn International Centre  
for Sustainability where this event was birthed.

