

TRELAY COURSES

community education for a sustainable future



View from Undertown, Trelay Farm. © Helen Pinder

Values in Action

Sat 31st March - Sun 1st April, £195

Facilitated by Hazel Russo, Jackie Carpenter and Trelay residents

What's on offer?

The Values in Action weekend is an opportunity to take time out to explore what's really important to you and how you can bring this to everyday life.

At a time when so much is changing in the world around us and issues such as sustainability come increasingly to the fore, this weekend will give you the chance to explore your core values and what they mean to you in practice.

Set in the beautiful cohousing community at Trelay, you will experience bringing your values to everyday life in a real and meaningful way through taking part in small group coaching exercises combined with community activities such as bread-making. Alongside these activities there will also be plenty of time to relax, have some fun and take in the wild, beautiful Cornish scenery and air!

The weekend will be co-facilitated by Executive and Career Coach, Hazel Russo and Trelay resident and community member, Jackie Carpenter. Other members of the community will also be on hand to help.

What could you get out of it?

Explore and play with possibilities for your life and work, and create a personal plan for action tailored to your situation and needs.

You will have the chance to:

- ❖ Learn about your core values through coaching and small group facilitated exercises
- ❖ Discover more about what it's like to live in a cohousing community
- ❖ Learn how to make bread
- ❖ Play *Lumination* – Hazel's coaching-style board game
- ❖ Explore what's possible for you in your life and work
- ❖ Create a plan for action which works for you
- ❖ Meet some lovely new and friendly people
- ❖ Have some fun and the chance to take time out in a beautiful setting
- ❖ Come away feeling inspired, refreshed and renewed!



Hazel Russo

Who is it for?

This course is designed for anyone who feels they would like to take time out to evaluate where they are and what they want from life.

This could include anyone who is interested in living at Trelay or another cohousing community, or living in a more sustainable way. It could also include anyone thinking about making changes to their life and/or work, and anyone who is interested in their own personal development. It is aimed at people aged 18 and over but arrangements can be made if families wish to come and stay.

If you have any questions about the weekend or any of the arrangements, please contact us and we will be more than happy to answer questions and make any arrangements we can to welcome you.

A full programme will be provided upon booking.

Accommodation

Overnight accommodation is in a warm camping barn, where participants will each have a screened bed area. Showers are available in the camping barn area (which is not heated), with an option for showers in the house for those who prefer, at an additional charge of £5 each for the two days.

Why not upgrade or extend your visit with a stay in our holiday accommodation? Please [see our website](#) and [contact us](#) for booking details.

Food

All meals are made on-site using fresh, local and organic ingredients wherever possible. We can easily cater for most diets, but please let us know in advance of any special requirements.

What to bring

Please bring a notebook so you can take away any thoughts and ideas with you. Please also bring clothing suitable for being outside in the winter months and walking in mud - wellies or walking boots and waterproofs are advisable.

Booking terms and conditions

Please [contact us](#) to check availability, then download and complete the [Booking Form](#), returning it to us with your deposit payment (payable by BACS or cheque).

We offer special prices and discounts for partners, dependants and Friends of Trelay, as well as those arriving on foot or by bicycle - just ask us for details.

Please let us know in advance if you will need collecting from a railway station or bus stop so we can make arrangements for you. There will be a nominal charge for this service.

In very poor weather conditions session order may be changed and outdoor activities may be replaced by indoor activities or an excursion which will continue the theme of the planned session.

