

BRISTOL

MASTERY

COMMUNITY

Welcome to the Mastery community newsletter!

Hello

The season has turned and it is definitely Autumn in the UK. It's the time of year when we start living more indoors and perhaps look more inwardly. What better time to think about your own creativity and life journey? With that in mind, this mailing brings news of upcoming workshops!

Really hope to see you at one of these events soon.
Jan Castle

In this issue (5 mins to read)

- **'The Space'** - Mastery follow-up workshop: January 2017
- **Selves in Action workshop:** April 2017
- **Article:** How do we lead our own lives?

'The Space' workshop: January 28-29th 2017
(plus Taster evening on Wed Nov 9th)

What is The Space?

The Space is a two day workshop for Mastery graduates that re-visits the powerful experience of the original Mastery, this time from a **leadership perspective**. It is energising, moving, supportive, challenging, experimental, inspiring... and a lot of fun.

It will allow you to:

- develop your **intuition and emotional intelligence**, learning to recognise what is happening in yourself and others when they are in front the group
- deepen your **awareness** of how you function creatively, and how to foster this in everyday life
- gain an understanding of yourself as a **'leader'** of your own and others' creative process
- develop **facilitation skills** in working with other's creative and personal process

What happens at 'The Space'?

During the weekend you will again spend time in the **transformative space** 'up front' of the group as on the original Mastery, working on your creativity, life and being. This includes performing a creative

piece as before.

In addition you will have the unique experience of **stepping into the Mastery leadership role**, learning to recognise what is happening with other participants when they are 'up front' and facilitating their creative expression, with support and guidance from the Mastery leaders.

There will also be **new and exciting exercises** to stretch you, bring fresh insights about the creative process, and help you develop your role as a leader in your own life and others'.

And as most of the UK Mastery leaders will be there, it's a very special opportunity to work alongside and learn from their different styles of leadership.

Participants at the first "Space workshop said:

"I thoroughly enjoyed the weekend and thrived at this level of working."

"Brilliant weekend and somehow it felt like the perfect blend of people - both leaders and participants."

"Observing you as the leaders coaching us and the participant was probably the most beneficial element."

"It's helped me to know how I'm perceived by others and to know that I'm perceived 'well' by others."

"Exceptional leadership. You all have complimentary personalities different tone, pace, style which makes it exciting."

"I got absolutely everything I needed - and more."

It promises to be a memorable weekend where we can experiment, play, stretch ourselves and learn together. Wherever you are now in your life, we'd like to **invite you to step again into the unique, creative energy of The Mastery** in this new and exciting way.

Details for The Space workshop:

Who's it for? The workshop is open to all Mastery graduates

Dates: January 28-29th 2017 - all day Sat and Sun (with late finishes).

Venue: Kelvin Players Theatre, 253B Gloucester Road, Bristol BS7 8NY

Price: Full fee £200 (Earlybird before 16th Dec: £160). Concessions £150 (Earlybird £120).

Leaders: Adrian Longstaffe, Sam Chittenden, Ranjit Krishnamma and Russell Fleet.

Want to find out more? A good way is to come along to

The Space Taster evening:

Taster Evening Date: Wed 9th Nov, 7.15pm to 10pm.

Venue: 24 Clifton Wood Road, Bristol BS8 4TW (Adrian Longstaffe's house)

Price: £5 to cover costs. Places limited so please book.

Facilitators: Adrian Longstaffe. Jan Castle

Or get in touch:

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Website <http://www.interactive-consultancies.co.uk/workshops/thespace.htm>

Selves in Action

This workshop, created by Mastery leader Adrian Longstaffe, will allow you to experience, in a weekend, two concepts...

Managing the Inner Family

The technique of Voice Dialogue explores the approach of regarding ourselves as an inner family of subpersonalities with their own alliances, conflicts and needs. This workshop will send you home with a clear picture of your own inner family and some practical techniques and strategies for managing this in a conscious way.

Healing some of the wounding

Some of these inner selves are very young and, almost inevitably in all of us, some got hurt along the way – leading us to use life strategies which can be unhelpful. Pesso Boyden technique is a powerful experiential way of bringing healing to these very young selves which can be profoundly life changing.

The entire workshop is run along the Mastery principles of witnessing by a mutually supportive group. It is led by Adrian, supported by trained and qualified co-leaders. It is led in Adrian's home in Bristol and we eat together on the Saturday night – quieter and more intimate than the Mastery 'Selves' can be deeply moving and life changing.

"I feel that I have shifted from believing that there is something wrong with me, to seeing the usefulness in my different aspects."

"I have found a peace and forgiveness that is long overdue. I have been inspired and moved by others' openness."

Find out more on <http://www.interactive-consultancies.co.uk/workshops/selves.htm>

Next Bristol date is **Saturday/Sunday 8th 9th April 2017** – numbers are limited to 6 so contact Adrian ASAP to reserve a place.
(Adrian@interactive-consultancies.co.uk)

How to be a leader in your own life

As a coach, much of my work is with leaders, helping them be more effective and authentic in what they do. I can remember the moment my enthusiasm for this work really took off, when I came across a quote by Lance Secretan:

"Leadership is not a formula or a program, it is a human activity that comes from the heart and considers the hearts of others. It is an attitude, not a routine".

So I was all ears when a coaching client said to me that he wanted to "become a leader in my life, not just a manager".

What does this mean? What does 'leadership' have to do with living

the life you want?

Well, managers are essential in any undertaking. They work out how to do things and make sure they get done. Indeed, most of us spend most of our time 'managing' our lives. We are fully stretched juggling responsibilities, tasks and to-do lists.

But leaders are completely different. Good leaders step back from the everyday busyness of getting things done. They look at the big picture and are proactive in deciding on new ways forward. They inspire others, helping everyone engage enthusiastically in the journey.

So to be a 'leader' in our own lives, we need to take time out from our every-day 'management' role. We need to step back from just getting things done, and check whether the things we are doing are in fact the right things. This principle features as 'Habit 2' in the well-known book by Stephen Covey 'The Seven Habits of Highly Effective People' (here's a synopsis if you don't know the book: www.businessballs.com/sevenhabitssteven Covey.htm). The book's been around donkeys years but is still an extremely valuable handbook for living an authentic and inspired life.

It's useful to ask yourself: **When can I 'step back' and lead in my own life?** Even 10 minutes will do to begin...

And once we do make some time, how should we use it? What do we need to think about? I feel the answer is in the quote above. 'Leading your life' is a matter of the heart, not just the mind. If we want to be sure we're leading ourselves and our lives in the right direction, we need to get to the heart of things. We need to listen to what's in our hearts.

This means becoming aware of what we really care about, rather than only listening to the reasoning of our minds. We need to get to the heart of the matter, asking "what matters most?" And we need to act with the qualities of the heart – courage and compassion – rather than believing the fears and doubts that can affect all of us.

Perhaps this is a 'big ask'. But it seems essential for a well-lived life, and the only time to start is Now!

Dates for your diary

All events in Bristol unless stated:

- [Wed 9th Nov – Taster evening for 'The Space'](#), 7.15pm to 10pm.
 - [Jan 28-29th 2017 – The Space: follow-up workshop for Mastery graduates](#)
 - [April 8 and 9th 2017 – Selves in Action](#)
 - [June 9th-11th 2017 - Dan Fauci's 'The Mastery of Self Expression' workshop.](#)
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That's all for now, do get in touch with any comments, to find out more, or let us know what you'd like to see in these newsletters. Why not forward this email to a friend you think might be interested in Mastery events? We're always very grateful for your help in getting the word out!

With warm wishes as always,
Jan

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