

SUMMER RETREAT



For centuries, the practice of taking time out to do something different has been recognised as a sure fire way of recharging batteries, igniting enthusiasm and solving problems. This may be seen as a sabbatical or a holiday or a retreat.

According to **Karen Thomas, Life Coach**, we could all benefit from this effective use of time. When you put a little distance between yourself and your routine and challenges or issues, you can see them in a different light and from a different perspective. These can come as flashes of inspirations that can lead you to take the action you need to resolve a problem.

Summer is a great time to do this. Just put aside a weekend or just one day of the week in your diary right now and plan to do something different. Go to somewhere where you have never been before. Set off early and leave your mobile phone switched off. Just allow yourself the space and time to “just be”, focus on the “now” experience.

It’s amazing how easy this is. Give yourself permission to be in the here and now and savour what is around you.

Karen is available for free consultations on **01271 831195** or email **karen@thomas812.plus.com** or **www.redoakcoaching.co.uk**