



The Self-Awareness Lab for Coaches 2026

Come and join me for a day of embracing and exploring mysteries

- A day of reflection and exploration in the wonderful surroundings of Damson Hill Cottage, Hampshire.
- Focusing on self-awareness & self in practice – exploring individually, in pairs and in a group.
- Reflection on practice.
- Small group of only 8.



What the day will include:



- Welcome coffee
- Healthy lunch, snacks and afternoon tea
- Copy of my book “You Are Not As Self-Aware As you Think”, and a reflective journal
- Group work, individual and pairs reflection
- Using the natural soundings for inspiration
- 5 hours CPD – CPD certificate for re-accreditation; and 5 hours of supervision for ICF re-accreditation

Dates: Wednesday 15 April & Wednesday 16 September 2026

Venue: Damson Hill Cottage, Damson Hill, Upper Swanmore, Hampshire, SO32 2QR; [what3words:///orchids.budding.twinkling](https://www.what3words.com/orchids.budding.twinkling)

<https://www.damsonhillcottage.com/>

To Book

The cost:

£160 + VAT;

Early bird booking fee £150 + VAT
(booking before 28 February 2026
for April; and before 31 July 2026
for September)

To book both days: £285 + VAT

Contact me: Julia@carden-consulting.co.uk

