



# 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
- 6.5 hours CPD – CPD certificate for re-accreditation

**Dates:** Wednesday 16 September 2026

**Venue:** Damson Hill Cottage, Damson Hill, Upper Swanmore, Hampshire, SO32 2QR; what3words///orchids.budding.twinkling

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

*NB Transport from Botley and/or Winchester Station can be arranged*



## What past participants have said .....



*“So good to get away to a beautiful location and have time and space for reflection. Despite having enjoyed the day so much, I nonetheless came away feeling I’d worked hard, with like-minded people, and came away with a much clearer idea of how I was going to adapt my professional work to what I’d learnt.”*



*“This was such a wonder-ful place and space for us to self-reflect. The space held us beautifully, as did you. I am grateful for all that happened on the day and that continues to reverberate around my system. Thank you”*



# To Book

The cost:

£160 + VAT;

Early bird booking fee £150 + VAT  
(booking before 31 July 2026)

Contact me: [Julia@carden-consulting.co.uk](mailto:Julia@carden-consulting.co.uk)

