

Blair Robertson *Consultancy*

Pastoral Supervision - Pastoral and Spiritual Care Training

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Introducing A Pastoral Break

reflect – refocus - renew

Thank you for your interest in A Pastoral Break. I hope this information will help you to decide if this is the right thing for you at this time, and to make plans.

Who?

A Pastoral Break is for anyone looking for a short time away from their work, who feels a need for reflection, renewal and a new sense of focus. Perhaps you're aware of how much is changing for you, or are contemplating a change; perhaps you're simply tired or jaded.

What?

A pastoral break is just that: a break from your work with the twin aim of taking care of yourself – body, mind and soul – and of reflecting on what you're doing in your work and what it's doing to you. It comprises three nights bed and breakfast in a guest house in Elgin, Moray, and three sessions of pastoral supervision (see below for more about Pastoral Supervision.)

Why?

Leading and listening, managing and caring: your work involves all of these and more. It's important to not only have time off that is nourishing but also to intentionally reflect on your work, your vision for it and what really matters for you in it. You may feel a need to reflect on what has changed for you and those you work with as a result of COVID-19.

Where?

The West End Guest House in Elgin: good food at breakfast and a comfortable bed! The gentle countryside and coast of Moray offers you space and fresh air. There are forests, hills and beaches, historical sites, etc, plus good places to eat in town. The Guest House is 10 minute's walk from Elgin Railway and Bus Stations. www.westendguesthouse.co.uk

When?

Please e-mail Blair.Robertson@tiscali.co.uk or telephone 07952 558766 to discuss possible dates. A Pastoral Break could be very appropriate at certain points in working life: when contemplating or facing a change; after a challenging time or when envisioning plans for the future. To preserve your privacy we don't have more than one Pastoral Break guest at a time.

How?

How much? The cost is £240. We appreciate payment before you arrive. If you need to cancel, we will return the payment but if you cancel within 48 hours of arrival I'm sorry we cannot make a refund.

What is Pastoral Supervision?

Pastoral supervision is attentive to the impact of your work upon you as a person and the vision and values that ground you. It is not counselling, spiritual direction or advice-giving: it is your time and space to bring what you want to bring, with openness to challenge and development. It will be a safe space and time to be listened to, reflect and be renewed. In

addition to the supervision sessions, people on a pastoral break have used the time to read, study, or walk. More information will be sent to you ahead of your break.

What people have said about A Pastoral Break

- * *I didn't expect to be so pleasantly surprised by the supervision. So thankful for a listening ear, respectful handling of sensitive discussions and support.*
- * *The beauty of the three sessions was being able to tell the story, reflect on the story and look ahead. There was plenty of time in between to think on what had been discussed. Nothing felt rushed which was very important to me.*
- * *Safe, non-threatening and open space to relax and withdraw from daily life which included professional and highly skilled Supervision sessions.*

Why Blair Robertson?

- over 25 years' experience of ministry, healthcare chaplaincy, pastoral care, policy development and management;
- skilled at delivering formative training on bereavement, spirituality, self-care, listening skills, etc., to NHS professionals, church groups and others;
- currently provides pastoral supervision to ministers, students, healthcare professionals and people working in leadership / management roles;
- qualifications include the Diploma in Pastoral Supervision, a Certificate in Counselling Skills and degrees in theology;
- accredited as a Senior Pastoral Supervisor by The Association of Pastoral Supervisors and Educators (for more about Pastoral Supervision and to view the APSE Code of Conduct see www.pastoralsupervision.org.uk)
- *and when not doing pastoral supervision Blair will be found serving breakfast, doing Mindfulness Meditation or Yoga, listening to music, in a restaurant or travelling!*

***“When our inner life can befriend the outer world of work,
new imagination is awakened and great changes take place.”***

(from Anam Cara, by John O'Donohue)

If you would like to know more about A Pastoral Break,
other Pastoral Supervision opportunities or Pastoral Care Training,
please e-mail Blair.Robertson@tiscali.co.uk or phone 07952 558766.

