themindfulnessclinic

LEAD WITH AWARENESS.
LEAD WITH IMPACT.

MINDFUL LEADERSHIP

ENDORSED BY RCSA FOR 18 CPD POINTS

KIRKTON PARK, HUNTER VALLEY

MARCH 25–27, 2026

Do you at times feel overwhelmed?

Do you at times doubt yourself as a leader?

Do you at times feel really stressed?

Do you at times feel that you just want to press the ‘pause’ button?

Are you a leader in the recruitment industry?

If you answered ‘yes’ to most of these questions this intense learning retreat is for you.

If you are unaware, you are going to cause harm — to yourself, others, and the organisation.

The intense learning retreat is about becoming aware through Mindful Leadership. It is based on the Executive MBA program Charlotte has run for many years, and Sally’s 18 years as a founder and leader in the industry, the program is tailored specifically for RCSA members.
This program is designed to meet the real challenges leaders face today: feeling overwhelmed, struggling with retention, navigating conflict, and sustaining wellbeing.

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WHAT YOU'LL LEARN:

- **Tools for overwhelm:** Practical strategies to manage stress, pressure, and competing demands.
- **The two leadership nonnegotiables:** Discover what every leader must embody to build trust & impact.
- **Know yourself:** Identify your strengths, blind spots, and default patterns in conflict.
- **Self management:** Learn how to regulate emotions, reduce reactivity, and lead with clarity.
- **Resilient leadership:** Build capacity to sustain wellbeing while positively influencing culture and performance.

RETREAT DETAILS:

DATES March 25–27, 2026

VENUE Kirkton Park, Hunter Valley

INCLUDES Accommodation, meals, yoga, manual, Core Strengths Assessment, Saboteur Test, and resources

DEPOSIT $550

SECURE YOUR PLACE

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PROGRAM OPTIONS

OPTION	DESCRIPTION	HOURS	COST
RETREAT ONLY	3 Day immersive experience	18	$3,349 + GST
FULL PROGRAM	Retreat + 6 months coaching (1:1 + peer)	33	$5,999 + GST

WHY JOIN?

- Earn **18 CPD points** endorsed by RCSA
- Gain tools to manage overwhelm and prevent burnout
- Learn frameworks for conflict, change, and adaptive leadership
- Experience cofacilitation by two seasoned leadership experts
- Connect with peers in a supportive, reflective environment

NEXT STEPS

Secure your place with a $550 deposit.
For more information or to register, contact:

- Sally Bartley - Director, Peoplefusion SallyB@peoplefusion.com.au
- Charlotte Thaarup - Director, The Mindfulness Clinic charlotte@themindfulnessclinic.com.au

Earn 18 CPD points while transforming how you lead