



**“Growing resilient children from toddlers to teens in an age of overindulgence.”
Retreat 17th – 21st Feb 2025**

Welcome.

This retreat has three reasons for being.

1. To build participants understanding of the impact of overindulgence on children in today’s world and what we can do to support those working with children to lessen the impact
2. To supports participants in their development and skills to become a master facilitator
3. To provide a “time out” retreat from the busy world that can deeply support those attending.

People can arrive on either the evening of Sunday 16th or the morning of Monday 17th 2025 ready for an 8.30 am start.

Schedule:

Sunday afternoon:

On Sunday afternoon. Madeleine and staff will be setting up the workshop area and people are invited to help and meet other workshop participants. We have a meal together in that evening.

Daily activities:

Group activities start promptly at 8.30 each day. We close at 4.30pm.

The workshop has two main purposes: to support participants to understand how to facilitate and lead a group and to understand the Raising Resilient Children material. The activities each day alternate between group and resiliency.

The structure of the workshop is interactive. Participants will not be listening to long lectures; instead be actively exploring facilitation and group leadership and learning skills.

Madeleine will provide a note-book and a folder for participants.

Evening activities:

You will choose a day to help with meal preparation during the week.

Monday: Dinner will be at 6.30. At 7.30 participants will have a half hour to share programs, information and expertise.

Tuesday: Dinner will be at 6.30. At 7.30 there will be time for some self-care activities.

Wednesday: Dinner will be at 6.30. At 7.30 participants will have a half hour to share programs, information and expertise

Thursday: Dinner will be at 6.30 there will be time for some self-care activities.

Friday: We will finish at 4.30. You would be welcome to stay for longer.

We may also have a visit from past attendees who will share their insights.

Preparation:

We expect that you will have read “*How much is Too Much?*” before you arrive.

Support Staff:

Madeleine invites past participants to support the retreat by attending and participating as well as facilitating some sessions.

Certificates and Professional Development recognition:

You will receive a Certificate of Attendance that you can use to obtain PD recognition.

Participants will need to bring:

- Bedding
- Any medications
- Toiletries



- Ideas to share
- Togs if you would like to swim, we have a few boogie boards and a kayak
- An aspect of your work that you would like to present to the group (Mon and Weds evenings.)
- A “How much is too much?” book. (Madeleine has a few copies for loan and if you paid full price you will be given one). You can buy a copy from Madeleine or get online or at the library.
- Comfortable clothing and clothes for a range of weather!

Getting there

Please be in touch regarding getting there as it may be good to car- pool.

Riversdale Beach is about 2.5 hrs from Wellington. Perhaps ¾ hr from Masterton. Especially if you are new to the area do give yourself plenty of time to arrive

Getting there.

1. Getting there. There is no petrol available in Riversdale. You will need to fill up as you come through Masterton to ensure you have sufficient fuel.
2. Approx 57 kms from Masterton to Riversdale.
3. There is both Vodophone and Telecom coverage at Riversdale. There is no land line at the house and there is no wifi at the house but you can access via your phone for hot spotting or if you are on Spark there is a hotspot at the phone box at the store.
4. There is a local store that has take-away meals and basic supplies.
5. The golf club has a Friday night meal.

Specific Details about the accommodation will be given once we have confirmed numbers.

Additional information

- As we are providing meals please you will need to provide advance information of any food matters we need to be aware of
- Ensure we are aware of any health concerns that may impact on your enjoyment of the retreat

Please ask if you have other questions.

Hope this interests you. Please share with others.

A handwritten signature in blue ink that reads "M. I. Taylor".

Kind regards

Madeleine Taylor

0272116469