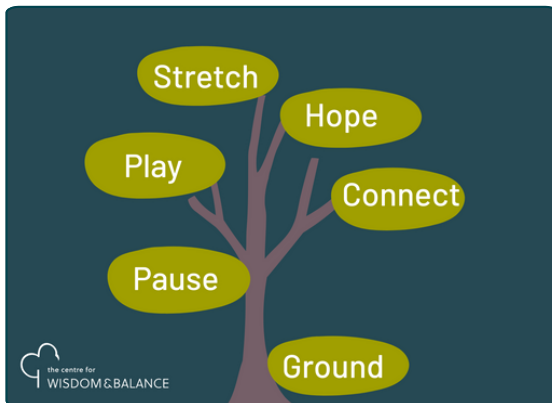


# The Centre for Wisdom & Balance

## Purpose

The vision for the Centre is to become a purposeful community of individual changemakers, leaders and organisations, united by a shared commitment to pursue wisdom and balance and to inspire it in others, so transforming ourselves and our world.

## Practices



In this pursuit, we find it helpful to follow a number of core practices – pausing and quieting the noise and distractions which surround us; grounding ourselves in nature for greater perspective; connecting more deeply and meaningfully with others and with our context; making room for playfulness, creativity and imagination; continuously learning and stretching ourselves to address the difficult challenges; building a spirit of courage and hopefulness.

## Participation

The Centre aims to provide a wide range of learning experiences, activities and events which draw on a rich variety of theory and practice both tried and tested and more experimental. It is a bridge between latest research and thinking about individual, leadership and organisational development and real-world action and impact.

There are various different ways to participate in the Centre.

**Core Membership** gives access to a whole range of activities which will be running regularly online. These include Masterclasses, Wisdom & Balance Circles to learn from each other, a Wisdom & Balance App with resources and practical challenges, a weekly reflection, participation in research, an Annual Conference and occasional walks at YSP.

**Additional Events** and activities will be offered in-person through the year, open to both members and non-members. These include Leadership Days on current themes and organisational challenges, reflective Thinking Days, executive coaching and our signature *Leading from the Centre* programme running over 12 months.





# 2026 Calendar

*We envision a purposeful community of individual changemakers, leaders and organisations, united by a shared commitment to pursue wisdom and balance and to inspire it in others, so transforming ourselves and our world*

## January

- 15th** 8:30-9:30 **Wisdom & Balance Circle**
- 23rd** 12:30-13:30 **Masterclass - Ground**
- 29th** 10:00-12:00 **Walk**

## February

- 5th** 8:30-9:30 **Wisdom & Balance Circle**
- 26th** 10:00-16:00 **Leadership Day**  
Introduction to leading with wisdom & balance
- 27th** 10:00-15:00 **Thinking Day**

## March

- 5th** 8:30-9:30 **Wisdom & Balance Circle**
- 18/19th** 10:00-17:00 **Leading From the Centre (Module 1)**
- 24th** 17:00-18:00 **Masterclass - Pause**

## April

- 2nd** 8:30-9:30 **Wisdom & Balance Circle**
- 22nd** 10:00-16:00 **Leadership Day**  
Leading Change with Wisdom & Balance
- 23rd** 10:00-15:00 **Thinking Day**
- 27th** 14:00-16:00 **Walk**

## May

- 7th** 8:30-9:30 **Wisdom & Balance Circle**
- 13th** 12:30-13:30 **Masterclass - Connect**
- 19th** 10:00-16:00 **Wisdom & Balance Lab**

## June

- 4th** 8:30-9:30 **Wisdom & Balance Circle**
- 18th** 10:00-15:00 **Thinking Day**
- 25/26th** 10:00-17:00 **Leading From the Centre (Module 2)**

## July

- 2nd** 8:30-9:30 **Wisdom & Balance Circle**
- 2nd** 17:00-18:00 **Masterclass - Play**
- 31st** 10:00-12:00 **Walk**

## August

- 6th** 8:30-9:30 **Wisdom & Balance Circle**
- 19th** 10:00-16:00 **Leadership Day**  
Leading with wisdom and balance through conflict

## September

- 3rd** 8:30-9:30 **Wisdom & Balance Circle**
- 16/17th** 10:00-17:00 **Leading From the Centre (Module 3)**
- 22nd** 12:30-13:30 **Masterclass - Stretch**

## October

- 1st** 8:30-9:30 **Wisdom & Balance Circle**
- 8th** 10:00-16:00 **Wisdom & Balance Lab**
- 23rd** 14:00-16:00 **Walk**

## November

- 5th** 8:30-9:30 **Wisdom & Balance Circle**
- 11th** 17:00-18:00 **Masterclass - Hope**
- 26th** 10:00-16:00 **Leadership Day**  
Leading collaboratively with wisdom and balance
- 27th** 10:00-15:00 **Thinking Day**

## December

- 1st** 10:00-17:00 **Leading From the Centre (Module 4)**
- 3rd** 8:30-9:30 **Wisdom & Balance Circle**
- 10th** 8:30-12:00 **Year End Conference**

Core Membership includes all events shown in green which are held online apart from Walks  
Additional Events are shown in brown and are in-person at YSP (they can also be offered as bespoke sessions in organisations)  
The *Leading from the Centre* programme is shown in blue and runs over 12 months mainly in person

# Core Membership - Online

Our core membership is primarily online, giving easy access to events, activities and resources wherever you are based.

## **Masterclasses** (90 minutes; bi-monthly)

Hearing more on wisdom and balance from thinkers and practitioners bringing a diversity of perspectives. In 2026 each of the sessions will bring a focus to one of our core practices

**Ground - Pause - Connect - Play - Stretch - Hope**

## **Wisdom & Balance Circles** (60 minutes; monthly)

These are small group sessions where members think about challenges together using *Thinking Environment* practices. The aim is to support each others' thinking by offering ideas and insights in a spirit of collaboration, openness and encouragement. Attenders bring an issue they would be willing to offer for exploration. Discussion is confidential.

## **Wisdom & Balance via the App** (things to read and watch; bite-size challenges)

As a member, you'll have access to our Wisdom & Balance community space in the app - a hub for inspiration and learning. Here, we share curated resources such as quotes, poems, thought-provoking ideas, TED Talks, and podcasts. Throughout the year, you can join our **Wisdom & Balance Challenges**, designed to deepen your practice and build new skills. These challenges may include tailored daily audio sessions, interactive Zoom gatherings, and dedicated discussion spaces where members exchange insights and learn together.

## **Reflection** (weekly)

Each Sunday evening we will email members a short reflection to support your preparation for the week ahead.

## **Research** (ongoing)

**Through the year** we'll be gathering and sharing feedback around all we are learning about individual, leadership and organisational wisdom, including deeper exploration at our annual Conference.

## **Annual Conference - Time to take stock of Wisdom & Balance** (10th December 0830-1300 Online)

Our year-end Conference will bring members and guests together to celebrate progress and share learning including our research. We would love for this to be an event to which many of us contribute and which allows time to both reflect on the year gone by and to look forward with hope to the coming year.

## **Wisdom & Balance Walks @YSP** (quarterly)

These are an opportunity to spend time together in the Park with a focus on conversation and listening in the beautiful natural surroundings. If you can't be there in person, we'll share inspiration to encourage and bring enjoyment on your own walk, alone or with others, building the same sense of connection.

# Additional Events (in person)

As well as Core Membership activities, we offer a range of additional open events, held at Yorkshire Sculpture Park or bespoke for organisations in your preferred setting.

## **Leadership Days** (quarterly; full day)

These days bring focus to a specific leadership theme using a wisdom and balance lens. Building on latest thinking and practices, the agenda and format will involve time for reflection, paired and group discussion as well as experiential activities using the base at YSP. Participants can bring current leadership challenges to explore with others. In 2026 we are covering the following themes:

**Introduction to leading with wisdom and balance** (26th February)

**Leading change with wisdom and balance** (22nd April)

**Leading with wisdom and balance through conflict** (19th August)

**Leading collaboratively with wisdom and balance** (26th November)

## **Thinking Days** (quarterly; full day)

These small group sessions are held in person and provide time and space for reflection on the issues which are active and important for participants. Again we offer a range of activities and use *Thinking Environment* principles to widen perspectives and encourage deep listening. We also make use of the Park to ground in nature, be inspired by creativity and relax and refresh.

## **Wisdom Labs** (twice a year; full day)

Making the most of the unique resources at YSP, these experimental days have an ambitious, action focus working on specific projects the community want to bring to fruition. They will be an opportunity to learn creative and design approaches to be taken into our wider challenges.

## **Coaching** (flexible in-person or online)

Coaching principles and practices are core foundations for our work at the Centre. As experienced executive coaches, we offer 1:1 sessions focused on developing wisdom and balance, helping you tackle the issues that matter most and achieve both short-term priorities and long-term goals.

## **Leading from the Centre** (over 12 months; more detail shown later)

This signature leadership programme is designed to help leaders navigate complexity with wisdom and balance. The focus is on helping leaders stay sighted on purpose and to strengthen courage and hope even in the fog of uncertainty and difficulty. It blends reflective practices, insights, and practical tools, supported by research, dialogue, and experiential learning. Central to the Programme are four immersive modules where participants explore:

**Grounded Leadership** – Leading From The Core

**Connected Leadership** – Leading Through Relationships

**Courageous Leadership** – Leading With Moral Courage

**Wise Leadership** – Leading With Hope

The Programme includes three 1:1 coaching sessions. It also makes use of the creative resources available at YSP. Participants will be offered full Centre membership.



# Leading From the Centre

## *A Programme for Wiser Leadership*



This is the Centre's signature programme, designed to help leaders navigate the complexity, uncertainty and intense emotional and cognitive demands of present day leadership. It brings a particular focus to moral ambition for leaders where issues are contested, rules are inadequate and wise judgment and compassion are called for. There is focus on leadership and organisational character development and how to serve the common good from a place of personal authenticity, humility and integrity. It blends reflection, dialogue, experiential learning and deep exploration of leading wisely in complexity using a wealth of learning resources.

### Programme Structure

- Four Modules
- Modules 1–3: Two days | Module 4: One day
- Three coaching sessions
- Personalised support between modules
- Thinking Pairs, small group and community learning
- Psychometrics including MBTI and the Enneagram
- Curated resources; books, podcasts, and articles to deepen practice
- Opportunity for experimentation
- Full membership of the Centre giving access to Wisdom & Balance Circles, masterclasses and more

### Who would benefit from it?

- Board members seeking a fresh, courageous approach to governance and leadership
- Senior leaders and aspiring directors navigating complex and demanding roles
- Entrepreneurs and new business owners looking for support and fresh perspectives
- Any leader or manager seeking to deepen self-awareness and find wisdom and balance in the face of accelerating change and disruption

### Content Overview

#### **Module 1 Grounded Leadership – Leading from the Core**

Deepen purpose and self-awareness, embracing your strengths and shadow to understand your unique 'Centre'; know your compass

#### **Module 2 Connected Leadership – Leading through**

**Relationships** Build trust and collaboration, lead with compassion and openness; strengthen influence through authenticity; manage the paradox of cultivating your authenticity and allowing others to do the same

#### **Module 3 Courageous Leadership – Leading with Impact**

Exercise moral courage; tackle the big dilemmas and take bold action for meaningful change; think well in complexity.

#### **Module 4 Wise Leadership – Leading with Hope**

Reflect on legacy, share learning, and inspire others with vision and resilience for the longer term.

### Programme Dates

Module 1	18–19 March
Module 2	25–26 June
Module 3	16–17 September
Module 4	1 December





# Costs

All costs shown below are subject to VAT

## Core Membership - Online

**Core Membership** £100

Includes everything shown at page 2

## Additional Events - In person

A 20% discount applies for members

### Leadership Days (per day)

Member £320

Non-member £400

### Thinking Days (per day)

Member £144

Non-member £180

### Wisdom & Balance Labs (per day)

Member £320

Non-member £400

### Leading From the Centre (12 months)

Member £3200

Non-member £4000

## Booking and Payment

To become a member, please visit

[www.flyingschool.fun/product/wisdomandbalance/](http://www.flyingschool.fun/product/wisdomandbalance/)

If you would like to book onto any of the additional events, please email [rachel@flyingschoolproject.co.uk](mailto:rachel@flyingschoolproject.co.uk) or [jane@cultivatingwisdom.co.uk](mailto:jane@cultivatingwisdom.co.uk)



# About Us

## Rachel Day

Rachel is an executive coach and leadership developer with over 20 years' experience helping people lead with confidence, clarity, and a strong sense of who they are. Her background spans senior roles at the Department of Health and two decades working with leaders across the NHS, social care, education, and the voluntary and private sectors.



She qualified with an Advanced Diploma in Coaching and Mentoring through Oxford Brookes University and the EMCC, and later trained in Nancy Kline's Thinking Environment. Her work focuses on creating the conditions for high-quality thinking, deeper trust, and better conversations, whether in a one-to-one, a team, or a whole organisation.

Rachel is also the founder of The Flying School Project, partnering with schools, families, and communities to help children and young people understand who they are and trust their ideas. Her work with leaders directly supports this work in classrooms, which sits at the heart of her purpose.

She is the author of ***Raising Thinkers*** and host of the podcast ***Learning to Fly***, both exploring how we can think well, stay grounded, and bring our best selves to the world around us. Based in Yorkshire, Rachel balances her work with time paddle boarding on local waters and, more recently, discovering the joy (and bravery) of taking up singing lessons. Warm, thoughtful, and quietly energising, she brings a calm presence and a deep commitment to helping people step into their fullest potential.

## Jane Gaukroger

Jane has spent her whole career in organizational and people development. Having worked in management roles in education and financial services she spent a decade working for global consulting firms KPMG and Towers Perrin before founding Cultivating Wisdom a specialist consultancy focused on how organisations and leaders are guided by wisdom in the face of change, complexity and uncertainty.



She has led development work across sectors and is a regular tutor with the Whitehall and Industry Group (WIG) running highly collaborative leadership programmes convening leaders from private, public and not-for-profit organisations. She has facilitated national NHS leadership development programmes. She is a Fellow of the Chartered Institute of Personnel and Development, has a PhD in Organisational Wisdom and is an EMCC qualified coach. She is a licensed MBTI practitioner and uses the Enneagram to explore deeper personality aspects. Jane lives in Yorkshire, loves the outdoors and is involved in various local organisations with a focus on connecting people and the environment.