

# The Centre for Wisdom & Balance

## Thinking Days at YSP

*A day to slow down, spend time in nature and find some much needed head space.*

Thinking Days are quarterly, full-day gatherings at Yorkshire Sculpture Park that offer a calm, reflective space for small groups to explore the questions and issues most alive in their work and lives.

Through a blend of reflective practices, gentle activities, and *Thinking Environment*<sup>®</sup> principles, participants find the headspace to tackle challenges, learn wisdom and balance techniques and gain wider perspectives and insight on their issues. Open to people from all sectors and roles, the diversity of experience enriches our conversations and learning.

Each session is shaped by the season, drawing inspiration from the changing landscape and exhibitions at YSP, and offering time in nature to slow down, ground, and return to work refreshed.

### Our agenda for the day:

- 1000 Welcome, connect and identify what is most important today
- 1030 Work on the issue we are bringing to the day – Listening Pairs
- 1100 A reflection on wisdom and balance
- 1115 Activity in the Park/Exhibitions to support our reflection
- 1230 Meet for lunch
- 1315 Work on issues we are bringing to the day - Thinking Council
- 1415 What is new for us in connection to wisdom and balance today?
- 1500 Close – giving time to relax in the Park

#### 2026 dates:

27<sup>th</sup> February  
23rd April,  
18th June  
27th November

***The cost is £180 plus VAT for non-members or £144 plus VAT for members (£700 or £550 if you would like to book onto all four). This includes entrance to the park, refreshments and materials***

To book a place, please get in touch with Rachel Day on 07917 734327 (rachel@centreforwisdomandbalance.org) or Jane Gaukroger on 07989 337076 (jane@centreforwisdomandbalance.org)



# About Us

## Jane Gaukroger

Jane has spent her whole career in organisational 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.

## Rachel Day

Rachel has spent over two decades in leadership and organisational development. After heading up Development and Communications at the Department of Health, she gained an Advanced Diploma in Coaching and Mentoring with the EMCC and joined the leadership consultancy Farsight Leadership. She has worked extensively across the NHS, the public, private, and voluntary sectors, designing and delivering leadership development programmes in the UK and internationally. In 2012 she qualified in Nancy Kline's **Thinking Environment**® as both a facilitator and a coach, an approach that has underpinned her work ever since.



Her focus is on creating the conditions for high-quality thinking, courageous leadership, and deeper trust in teams and organisations. She is the founder of The Flying School Project, supporting leaders in boardrooms and classrooms to develop clarity, confidence, and a strong sense of agency. Rachel is the author of **Raising Thinkers** and host of the **Learning to Fly and Raising Thinker's** podcasts. This year she co-founded The Centre for Wisdom & Balance as a unique place for people to pause, reconnect, and create space for wisdom and balance in order to lead with greater courage and authenticity. Rachel lives in Yorkshire and balances her work with family life, walking paddle boarding, and collecting vinyl records!