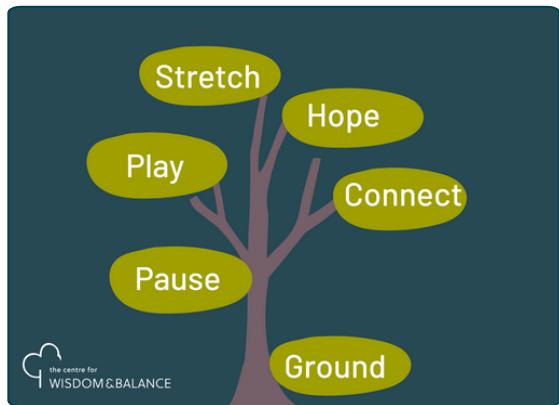


The Centre for Wisdom & Balance

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.



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. Attendees 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 1200-1400 free taster session)

Leading change with wisdom and balance (11th May 1000-1600)

Leading with wisdom and balance through conflict (19th August 1000-1600)

Leading collaboratively with wisdom and balance (26th November 1000-1600)

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 with Wisdom & Balance (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:

Leading from my Centre - a grounded core shaped by self-awareness, purpose, and an inner compass

Leading from our Centre - a connected core cultivating trust, connection, and collective strength

Leading from the Centre - a universal core shaped by attention to the wider system, big challenges, and sustainability

Leading with Wisdom & Balance - courageously bringing wisdom and balance across place and time

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.

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!



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 12:00-14:00 (online) Leadership Taster Session
Introduction to leading with wisdom & balance
27th 10:00-15:00 Thinking Day

March

5th 8:30-9:30 Wisdom & Balance Circle
24th 17:00-18:00 Masterclass - Pause

April

2nd 8:30-9:30 Wisdom & Balance Circle
21/22nd 10:00-17:00 Leading From the Centre (Module 1)
23rd 10:00-15:00 Thinking Day
27th 14:00-16:00 Walk

May

7th 8:30-9:30 Wisdom & Balance Circle
11th 10:00-16:00 Leadership Day
Leading with wisdom and balance through conflict
13th 12:30-13:30 Masterclass - Connect

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

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 with Wisdom & Balance Programme

Corporate Attendee Rate £4000

(for organisations booking on behalf of staff)

Individual Attendee Rate £3200

(for people booking in a personal capacity)

Booking and Payment

To become a member, please visit

www.flyingschool.fun/product/wisdomandbalance/

If you would like to book onto any of the additional events, please email rachel@centreforwisdomandbalance.org or jane@centreforwisdomandbalance.org

