

Realms of Attention

Rich conversations with **Iain McGilchrist** in a Thinking Environment®



23 & 24 May 2017

A unique two-day residential event at Chartridge Lodge, Chesham, in the beautiful Chilterns countryside, hosted and facilitated by **Linda Aspey** and Time to Think colleagues.



Today's leaders face so many challenges, including finding enough time for thinking, and staying attentive to and informed about the world outside of their own lives and organisations.

The world is changing, the future likely to be a very different one from now, and many leaders want to engage in conversations with people who come from different contexts and who hold diverse views to their own so they do not become blinkered to other realities. And they need to develop the capacity to think with both sides of their brains.

Iain McGilchrist, the acclaimed Lecturer, Psychiatrist, Philosopher, and Author of "*The Master & His Emissary: The Divided Brain and the Making of the Western World*" will be exchanging his ideas with us in this unique residential event. Iain believes that:

Our brains are not mere machines but an inseparable aspect of our whole selves AND of the culture in which we have taken a part in creating because of the way our brain hemispheres attend to the world.

The differences in our two brain hemispheres are responsible for moulding the world in which we now live. However, in modern times the left hemisphere has become dominant in organisations and decisions with often devastating impact.

So why is this important for leaders?

Well we look to leaders to lead on creating culture. To question, explore, and innovate so we can do the same. And if a leader is living in a bubble, or seeing the world through only one side of their brain, they won't be able to do that. They will shape according to the world they see, but they are only seeing it through their eyes. So, it's only partly real.

The Thinking Environment

Created by **Nancy Kline** of *Time to Think*, the Thinking Environment comprises of ten "Components" which add value and quality to thinking in discussions of all kinds with groups of all sizes. We have found that many of Iain's ideas and philosophies resonate deeply with those of the Thinking Environment.

And so, in a unique first ...

We'll bring both sets of powerful ideas together in this special programme. Participants will be able to engage in fascinating and stimulating discussions, whilst learning about and drawing on the Thinking Environment for balanced brain thinking! Facilitated by Linda Aspey and Time to Think colleagues, this will be an experience, not a conference.



Who is this event for?

You may be a leader, a coach, an academic, a medic, a parent, a philosopher, or none of those things; we expect that like us you will be keenly interested in questioning the nature of existence and how our world works. And what part we can play in making it better.

What will we talk about?

Over two thoroughly engaging days, we will look at the structure and function of the two brain hemispheres, how they contribute differently to our own experience of the world and indeed how we have *shaped* the modern Western world because of the way our brain experiences it.

We will blend Iain's lectures with world café style groups in a Thinking Environment to explore the implications of the Divided Brain in the fields that interest you. For example, you might want to think and exchange ideas about education, commerce, government, health and social care, leadership, society, environment and more.



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Your host and facilitators



Linda Aspey, executive and leadership team coach, organisation development consultant, coach supervisor, psychotherapist, and speaker, is your host and lead facilitator for the two days. Founder of Coaching for Leaders, Fellow of BACP and Global Faculty of Time to Think, she works with a variety of organisations across the private, public and charitable sectors. Working with and teaching the Thinking Environment internationally to development professionals, leaders, teams, and organisations gives Linda a strong sense of purpose, huge enjoyment and ongoing optimism that we can all make a difference!

On hand to facilitate group sessions will also be three skilled, experienced Time to Think colleagues:



Michael Cahill

Michael is an investment analyst, Time to Think Coach and Facilitator, and NLP trainer. He thrives on bringing these

approaches to inspire better quality thinking and decision making.



Fiona Dawe CBE

Following a career in the voluntary sector, latterly running a charity in a Thinking Environment, Fiona's mission

now is to bring it to more people and organisations.



Ruth McCarthy

Ruth's passion for creating the conditions in which people can think well informs all her work as Time to Think Global Faculty,

leading courses or 'moving meetings from dull to dynamic'.

Key themes: Myths, Reality, Hope, and More

Myths – many brain myths abound, including that the left and the right sides of the brain do different things. Yet it's not the what they do, but the way they do it that matters. As Iain says, the hemispheres are not mere machines with functions, but underwriting whole, self-consistent, versions of the world.

Attention – an essential aspect of consciousness, reciprocally related to what exists; we not only attend differently according to what we find, but what we find depends on the kind of attention we pay. And because the two hemispheres attend differently, they produce two kinds of world. Is either world true?

Reality – the nature of the hemispherical differences has some important consequences and if we fail, as Iain believes we are doing, to synthesise the attention of both hemispheres we also fail to perceive and experience meaning and the (closest we can get to) full reality of nature and of life. Is "Post Truth" our new reality?

Metaphor – metaphor links language to life and we use metaphor to understand what we see or mean by comparing it with something else that we understand better. Yet do some popular metaphors reduce our capacity for insight, for example, the brain as a machine instead as an inseparable aspect of a whole person?

Paradox – paradox is everywhere and perhaps more noticeable in our lives than ever before. For example, in our quest for more happiness, more wealth, more possessions, more connected technology, have we become unhappier, poorer in spirit, where possessions feel worthless and technology disconnects and isolates us from close relationships?

Hope – are we running out of time to save ourselves, humanity, and our planet? Was the surprise Brexit result a manifestation of hope? Is populism here to stay? Are we "shuffling like a sleepwalker into the abyss?" And if we are, what can we do about it?

What is the Thinking Environment?

It is a values-based philosophy of relationships and communication that holds that *the quality of everything we do depends on the quality of the thinking we do first*.

- People are highly likely to feel engaged, creative, respected, and energised; and diverse and divergent perspectives are welcomed to bring fresh insight;
- The new thinking and everything that ensues from it may well have a positive, profound, and lasting impact on you and your life.

How will you benefit?

Access to profound, sometimes challenging information from this unique thinker. Many opportunities to contribute your own thinking to the group. Great conversations, new learning, and insights. Deepening experience of the egalitarian Thinking Environment way of being. Inspiration, new relationships, and ideas you will take back into your life and work for positive impact.

For more information about Iain and Linda visit:

www.ianmcgilchrist.com

www.coachingforleaders.co.uk

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The Programme

DAY ONE

Tuesday 23 May 2017

10.30 – 18.30

- Refreshments from 10.00 am
- Welcome and introductions
- Overview of the Thinking Environment with Linda
- Session 1 with Iain
- Lunch
- Discussion groups
- Session 2 with Iain
- Discussion groups
- Reflections
- Dinner
- Post dinner conversations as desired!

DAY TWO

Wednesday 24 May 2017

09.00 – 17.00

- Reflections from day one
- Session 3 with Iain
- Discussion groups
- Lunch
- Session 4 with Iain
- Discussion groups
- Reflections
- Close and goodbyes

Breaks will be woven through the two days. The outdoor areas are freely available for walking and group meetings.

Some examples of Iain's talks:

[RSA Animate - The Divided Brain](#)

[The Path of Wisdom](#)

[Anyone with half a brain can see that!](#)

And here is Linda on

[Coaching in a Thinking Environment](#)

The Venue

Chartridge Lodge is in the heart of leafy Buckinghamshire, with London around an hour away by rail or road, and easily accessible from both London Heathrow & London Luton Airports.



Dating from the early 19th Century, the Lodge maintains many of its period features. It is set in extensive landscaped grounds in the rolling Chiltern Hills, an Area of Outstanding Natural Beauty.

Chartridge Lodge, Chartridge Lane, Chesham, Buckinghamshire, HP5 2TU.

Tel: 01494 837 484

E: chartridge@chartridgelodge.co.uk

<http://chartridgvenues.com/chartridge-lodge>

Programme Fees

Programme	Includes	Fee
A) Standard residential programme EARLY BIRD – book by 02/02/2017	Arrival on 23 rd . 2-day event with refreshments & lunches plus 1 night dinner (23 rd) & bed & breakfast (24 th)	£945 + VAT
B) Standard residential programme – booked 03/02/2017 onwards	As above	£995 + VAT
C) Non-residential programme	2-day event including refreshments & lunches, without dinner or b&b	£875 + VAT

To book a place visit [our online booking site HERE](#)

or type into your browser:

<https://timetothinkcourses.typeform.com/to/svYWLx>