

Blair Robertson Pastoral Supervision

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Introducing: A Pastoral Break reflect – refocus - renew

Who?

A Pastoral Break is for anyone who's looking for a short time away from their ministry; who feels a need for reflection, renewal and a new sense of focus. Perhaps you're about to make a significant change in your ministry or life, or have just made one; perhaps you're tired or jaded.

What?

A pastoral break is just that: a break away with the intention of taking care of yourself – body, mind and soul. It's an opportunity to reflect on what you're doing in your ministry and what it's doing to you. It comprises three nights bed and breakfast in a guest house in Elgin, Moray, and three sessions of pastoral supervision. In addition to the supervision sessions, people on a pastoral break have used the time to read, study, or walk. More information will be sent to you to help you to use your time to the full.

Why?

Leading and listening, managing and caring: your ministry involves all of these and more. It's important to have time off that's nourishing but also to make time to intentionally reflect on your work, your vision for your ministry and what really matters for you in it.

Where?

The West End Guest House in Elgin: good food at breakfast and a comfortable bed! The gentle countryside and coast of Moray offers space and fresh air. There are forests, hills and beaches, historical sites, etc, plus a range of places to eat in town. The Guest House is a 10 minute walk from Elgin Railway and Bus Stations. www.westendguesthouse.co.uk

When?

Please e-mail Blair.Robertson@tiscali.co.uk or telephone 07952 558766 to discuss possible dates. To respect your privacy we have only one Pastoral Break guest at a time.

How?

How much? The cost is **£275**. An invoice will be sent and payment must be made before you arrive. A receipt will be issued. If you need to cancel, we will return the payment but if you cancel within 72 hours of arrival we cannot make a refund.

About myself

I have over 30 years experience of ministry, healthcare chaplaincy, pastoral care, policy development and management. I've delivered training on bereavement, spirituality, self-care, listening skills, etc., to NHS professionals, volunteer and church groups.

My supervisees currently include ministers (across five different denominations) and healthcare professionals. I hold a Diploma in Pastoral Supervision, a Certificate in Counselling Skills and degrees in theology. I am accredited as a Senior Pastoral Supervisor by The Association of Pastoral Supervisors and Educators and I adhere to its Code of Conduct. (www.pastoralsupervision.org.uk).

My interest in Pastoral Supervision grew out of supporting my colleagues in NHS Healthcare Chaplaincy – observing their professional development was important and encouraging. After leaving the NHS in 2016 to move to Elgin (where I run the West End Guest House with my partner) I developed my supervision practice. To keep my body, mind and soul together I try to keep fit, use Mindfulness Meditation and Yoga, and enjoy travelling and reading (see my book blog at <https://blairs60plusbooks.blogspot.com/>)



What people have said about A Pastoral Break:

- * *I didn't expect to be so pleasantly surprised by the supervision. So thankful for a listening ear, respectful handling of sensitive discussions and support.*
- * *The beauty of the three sessions was being able to tell the story, reflect on the story and look ahead. There was plenty of time in between to think on what had been discussed. Nothing felt rushed which was very important to me.*
- * *Safe, non-threatening and open space to relax and withdraw from daily life which included professional and highly skilled Supervision sessions.*