



# Inscaping Journeys

Don't Escape.... Inscape

A Journey Inward

"The Longest Journey Is Inwards" Dag Hammarskjöld



## INSCAPING JOURNEYS

# TESTIMONIALS

## NOVEMBER 2022

"For me the value that this will bring to people's lives is priceless.....all of us were in agreement that we all came away looking at the world and our lives in a completely different way, more focused, more clarity and a new zest for life! Some people may attend months or years of therapy and still never achieve what your Inscaping retreat will."

Irene Sharp / Braemar Scotland - Carer

"Inscaping was for me both the most emotionally exhausting 'soul striptease', but at the same time the most productive personal development coaching I have ever participated in."

Philipp Klose-Morero / Sao Paulo Brazil – company MD YPO

"This was the single most impactful event I've done in the last 5 years to help me improve as a leader, a lover, and a follower."

Cassius Kiani / London - Los Angeles – successful entrepreneur

"An unmissable experience for anyone who would like to improve their emotional and mental wellbeing."

Elaine MacPhail / Nairn Scotland – local gardener

"If you want to commit to changing your life and you feel stuck then this is where you want to come."

Cam Cairnduff / London - Filmmaker

## INSCAPING JOURNEYS

# INSCAPING

In a world, where all too often we become lost in the 'busyness' of life, we may often seek to escape and lose ourselves in the short term with food, tv, drugs, drink, sex, social media, exercise, porn, work et al.

Here at Inscaping Journeys, we passionately believe that now is the time to slow down and have space to focus inwards – to Inscape – to go inside to find the truly authentic you.

"It's not what happens on the outside of you, it's what happens on the inside of you that determines the quality of your life."

Dr John Demartini

## INSCAPING JOURNEYS

# INSCAPING

Take your most intimate personal journey to discover your authentic self, in a quiet private location in the Scottish Highlands.

This is a journey you won't forget, an Inscaping Retreat, which will enable you to discover your true self.

You will be joined by 9 other kindred spirits, on your deepest journey inward, as you all find ways to share your deepest emotions, receive constructive feedback and gain knowledge and wisdom through a detailed understanding of your 4 unique human quotients:

**PQ** – Physical – **To Live** - Human-Living

**IQ** – Intellectual – **To Learn** - Human-Doing

**EQ** – Emotional – **To Love** - Human-Being

**SQ** – Spiritual – **To Leave a Legacy** - Being-Human



## INSCAPING JOURNEYS

# ANCIENT SIOUX WISDOM

The Creator gathered all of creation and said,

"I want to hide something from the humans until they are ready for it.

It is the realization that... they create their own reality."

The eagle said, "Give it to me, I will take it to the moon.

"The Creator said "No. One day they will go there and find it."

The salmon said, "I will hide it on the bottom of the ocean."

"No. They will go there too."

The buffalo said, "I will bury it on the great plains."

The Creator said, "They will cut into the skin of the earth and find it even there."

The Grandmother Mole, who lives in the breast of Mother Earth,

and who has no physical eyes but sees with spiritual eyes, said: "Put it inside them."

And the Creator said, "It is done."

**Traditional Sioux**

**Contributed to the Blue Star Four Directions Conference 2001**

All you ever need, is already inside you

## INSCAPING JOURNEYS

# BRIEF OVERVIEW

- Key Inscaping Objectives: Improve your self-awareness, understand your personal values and discover who you really are
- Pre-retreat : Preparatory reading & listening material is shared the prior week
- Day 1: Exploring Mindfulness, Emotional Intelligence, Perceptions, Values and Lifeline.
- Day 2: Going deeper in the morning, an afternoon silent walk in an Ancient Caledonian Forest and exploring emotions
- Day 3: Visiting Pluscarden Abbey, hearing the Benedictine monks, exploring something that has existed since 1230, understanding all 4 quotients
- Day 4: Who are you really, what is important, goal setting, identifying a support network to assist you in your changes – celebration.
- Logistics: From Day 1 to day 4, you will stay at The Invernairne, in the Scottish Highlands, where we have exclusive use. All meals, ongoing coffee and tea are included. Transfers to and from Inverness Airport / Nairn rail station included.



## INSCAPING JOURNEYS

# THE ROAD LES TRAVELLED



**Les Morgan is your retreat facilitator**

Les's Inscaping Journey took decades to understand and learn.

Having lived a turbulent and sometimes violent childhood, as a teenager Les turned to sport as an outlet to harness his energy and anger where he was introduced to the importance of dealing with the person (EQ) over dealing with the pupil (IQ) for the first time by his PE teachers.

Guided by his EQ, Les became one of the youngest UK local government council Chief Executives in Moray in 1991. By 2003, inspired by his experience and personal struggles at the top in the public, private and third sectors, Les set up QFOUR and focused on what he saw as crucial for success and happiness, Leadership, Values, Trust and the four Qs: PQ, IQ, EQ & SQ.

Today, Les coaches, guides, listens and facilitates Chief Executives across the EMEA region in all three business sectors. The effects of Covid on mental and physical health has affected many individuals and all organisations and Les felt compelled to act. These fifty years of becoming more self-aware, combined with such a successful career, has inspired and culminated in this unique Inscaping Journey retreat.

## INSCAPING JOURNEYS

# YOUR INSCAPING JOURNEY EXPECTATIONS

This will be a unique and deeply rewarding experience, enabling you to:

- Improve your self-awareness (the start of all change) to move towards self-realisation (to be all you can be)
- Explore your personal values and re-align your behaviours
- Develop a stronger understanding of compassion and how to connect with others
- Assess your personal habits, what drives them and how to manage them
- Understanding the heart – mind - body connection, learning techniques to use your whole self
- Gain a deeper understanding of how mindfulness can enable you to achieve greater clarity
- Share your new thoughts with kindred spirits, who may become part of your support network
- A unique Inscape Journal with resources to enable you to continue your personal development journey
- optional one to one coaching / mentoring available, on request





# PRE-RETREAT

- Reading/Listening to selected material the prior week to engage both conscious & unconscious mind
- Questionnaire completion – to inform & express yourself to myself & other delegates
- Personal values exercise

## DAY 1

(07.30 - 20.00):

- Breakfast
- Grounding Mindfulness
- Emotional Intelligence (EQ) Assessment
- Perceptions - How we view the world differently from others
- Lifeline – The story of your life
- Lunch
- Personal values
- Personal Reflection Time
- Dinner
- Evening explorations





# DAY 2

(08.30 - 21.00):

- Breakfast
- Grounding Mindfulness
- EQ Assessment & Score
- Questioning how we think
- Going Deeper Emotionally
- Lunch
- Silent Walk in Ancient Caledonian Forest
- Emotional Exploration
- Personal Reflection Time
- Dinner
- Evening explorations



A large, cylindrical hay bale sits in a golden-brown field. The background features a dramatic sky with dark, heavy clouds and patches of lighter blue and orange, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

# DAY 3

(05.30 - 20.00):

- Visit to Pluscarden Abbey, founded in 1230, to hear/feel the Benedictine monks Gregorian chanting
- Breakfast picnic and reflections in Pluscarden Abbey Gardens (indoors if inclement)
- Life Reflection at Pluscarden
- Disclosure walks
- Lunch
- Personal Reflection Time
- Four Quotients Personal Evaluation (PQ-To Live/IQ-To Learn/EQ-To Love/SQ-To Leave a Legacy)
- Dinner
- Four Quotients Exploration



# DAY 4

(08.30 - 17.00):

- Breakfast
- Grounding Mindfulness
- EQ Assessment & Score
- A Picture of You
- Lunch
- Exploring Deeper
- Your 6 Most Important Things – does this reflect your behaviour?
- Personal Goal Setting
- Network Support System
- Goodbyes
- Transfer to Airport / station
- Dinner for those travelling next day

“Yesterday I was clever, so I wanted to change the world.  
Today I am wise, so I am changing myself.”

Rumi



## INSCAPING JOURNEYS

# LOGISTICS

- Numbers – max 8 delegates
- Location – Individual rooms in an idyllic natural sanctuary, The Invernairne in Nairn with sea views, in the Scottish Highlands, near Cawdor & Brodie castles. (exclusive use & 15 mins from Inverness airport / 5 mins from Nairn rail station)
- Duration – 4 days (Wednesday evening to Sunday 1700hrs)  
Extra night a possibility if flight / train the next day
- Meals – All meals included. Teas, coffees and water will be provided during the day, any additional beverages, including alcohol charged individually.
- Transfers – Return transfers to Inverness Airport and Nairn Rail Station included

## INSCAPING JOURNEYS

# QUESTIONS

- Who actually are you behind that mask and beneath those layers of socialisation?
- What are your personal values, from which you make all your decisions – mostly unconsciously
- What do you stand for / What do you really want to stand for?
- What will be your legacy? (personal & professional)
- How can you become content in every present moment and not always outcome focussed?

# TAKE AWAYS

- A fuller understanding of who you really are and what drives you
- Why you behave as you do
- A clearer path ahead to your happiness
- An authentic view – how others see and feel you.
- A feeling of being 'found'.
- A greater internal peace.
- An improved self-awareness (the start of all change)

Don't Escape.... Inscape



## INSCAPING JOURNEYS

# OPPORTUNITY

- A unique retreat to balance the world of 'busyness and stress' – to help avoid poor mental and physical health
- Visit a tranquil Scottish Highland sanctuary to 'Inscape' to a new and contented self
- We will enable you to reconnect with your inner self, in the beautifully natural Highlands
- Relax in a safe environment and feel / sense the nurturing spirit of nature and humanity
- Enjoy a non-judgmental environment and feel psychologically safe space to inwardly explore
- Connect and 'listen' to centuries of culture with the monks and their Gregorian chanting at Pluscarden Abbey, founded in 1230 by Alexander II
- Walk in the ancient forest at Cawdor Castle (Shakespeare's Hamlet) and touch the magic of the giant redwoods

Don't Escape.... Inscape

# INSCAPING JOURNEYS

**When** – Weds January 11th (1800hrs) – Sunday January 15th (1700hrs)

Weds March 22nd (1800hrs) – Sunday March 26th (1700hrs)

**Where** – The Invernairne, Nairn, <https://invernairne.co.uk/>

**What Cost** - £1,950 p/p

**Why** – To find the real you

## **What To Do Now?**

To chat / explore or book...

Deposit £500

Call Les on +44 7770 903266

Email Les on [les@qfour.net](mailto:les@qfour.net)

Check out Les's LinkedIn profile <https://www.linkedin.com/in/lesmorgan/>

Check out Les's web site

[www.qfour.net](http://www.qfour.net)





Peace, Contentment & Growth Awaits

**Come Inscaping**

[www.qfour.net](http://www.qfour.net)