

Embark Retreats

Over the past 15 years I have worked with many young people around the age of 20 -30 who are starting to make some choices in life. They're often feeling quite feeling agitated, confused, lost and alone by the amount of options. Our society has changed, and people are asked to weigh up their decisions around their future much later in life, often well into their late 20's and beyond. Many are still living at home, studying and taking time to select a career that fits them.

Embark Retreats looks to take men and women into adulthood. The program acknowledges that in our society people may have already transitioned to a man or woman but asks the question of whether they are an adult. It is not focused on mental health but rather personal development. It is developed around the Rites of Passage model and is intended for people aged 18 -30. Beginning at Retreat 1, there are three different retreats that participants may choose to complete over time. Some may only choose to complete Retreat 1.

Retreat 1- Exploring Self and finding Purpose and Belonging

Retreat 2 – Exploring our Place within our Family Systems

Retreat 3 - Exploring our place within the world

Accommodation

Embark Retreats are run in basic accommodation in the Blackwood River Valley over 3 nights/4 days (Friday-Monday). The accommodation is a dormitory style and participants may have to share a room with someone of the same gender. They are also expected to bring their own linen, towel and pillow.

The Facilitators

Chris Darmody has been a psychologist working with young people for over 15 years and has facilitated and developed a number of successful groups. He has helped run Rites of Passage programs since 2015 and has seen the overwhelming value of this style of work. Embark Retreats utilise past attendees as co facilitators who are still within the age bracket and have a level of insider knowledge of what it is like to be a of that age and going through the program.

Food

Embark Retreats are designed to nourish individuals and all of our meals are prepared and cleaned away by a chef and kitchen staff. We provide a plant based diet to accommodate all dietary needs.

Getting There

Retreats are held 3 hours from Perth and participants are expected to arrange their own way transport and will be offered the address once they have put in an application form. There is ample parking available but groups of people and carpooling arrangements are more than welcome.

Please contact me if you have further queries or for an application package,

Chris Darmody