

# REIGNITE YOUR FLAME: NAVIGATING BURNOUT

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Danielle McCarron and David St. Bernard  
Monday 16th September - Thursday 19th September 2024



Tracy and I are delighted that Danielle McCarron and David St. Bernard of [Alignix](#) have accepted our invitation to facilitate their Navigating Burnout Retreat at The Falcon.

This intimate serene experience is designed to help you move from burnout and reconnect with your values and purpose. We look forward to hosting a small number of participants who will gather in a safe and sacred environment of Castle Ashby estate. Wellness activities include open water swimming in our stunning Capability Brown lake, tours of Castle Ashby house and gardens and estate, yoga and shared presence gatherings.

Tracy will be one of the participants and I hope you will join her for this special occasion.

*Spenny Northampton and the Falcon Team*

Click [HERE](#) and enter **Alignix** to reserve your place  
Price: £1995 (Price inclusive of all meals and accommodation\*)

Guests wishing to arrive on Sunday will receive a special offer to reserve an additional night from just £79 per night bed and Falcon breakfast.

\*Price based on one of our Cosy Double rooms OR a Double Room in one of the beautifully furnished cottages a few minutes walk from the Falcon, (both based on single occupancy) with ensuite or private shower room.





# THE HISTORY OF CASTLE ASHBY ESTATE

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The Castle Ashby estate was purchased by Sir William Compton in 1512 but it was not until 1574 that his grandson, Henry, 1st Lord Compton, was able to pull down the derelict Norman Castle and build the present house in the shape of an ‘E’ in honour of Queen Elizabeth 1st.

The earliest record of the Compton family is dated 1204 when Philip de Compton is recorded as being Lord of Compton Wynyates. Since that time there have been 30 generations in direct male descent to the present owners Spencer and Tracy Compton, 7th Marquess and Marchioness of Northampton. ‘Spenny’ inherited Castle Ashby and Compton Wynyates in 1967 on his 21st birthday and 50 years later he and Tracy, who has been in the field of mental health for over 30 years, set about restoring The Falcon, a 1594 Coaching Inn as a haven for heritage and health.

The Falcon whose foundations were laid only 20 years after the castle, is surrounded by 10,500 acres of agricultural farmland and villages including ancient forest, Capability Brown lakes, parks and the formal gardens of Castle Ashby house. Their wish is that everyone who comes to stay at the Falcon leaves rested and restored in mind body and spirit.

## RETREAT OVERVIEW

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We invite you to join our curated experience on the serene grounds of Castle Ashby to invest in reconnecting with yourself and your purpose.

### **This Retreat is for?**

This is designed for high-achieving professionals experiencing any phase of burnout, feeling uninspired and stuck in the same cycles, and desiring to realign with their values and purpose.

We aim to shed light on the indicators and progression of burnout, including its signs and symptoms, as well as the 12 stages it encompasses. By comprehending these symptoms and phases, we can recognise the warning signs of burnout and explore effective interventions and approaches that may aid in your recovery journey. While recovery involves more than just managing symptoms, addressing symptoms is an essential initial step toward healing.

### **This Retreat includes:**

- Accommodation at The Falcon
- Thoughtfully selected wholesome meals
- Vast outdoor expanse with trails for immersive nature experiences and therapeutic exploration
- Guided tour of the estate and grounds

### **What can you expect:**

- Interactive educational workshops focused on psychological insights and experiential learning.
- Therapeutic engagements to facilitate your recovery
- Individualised action plan for moving forward





# UNDERSTANDING MISALIGNMENT AND BURNOUT

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## What is Burnout?

Burnout is a state of emotional, mental and often physical exhaustion brought on by prolonged or repeated stress. Though it is most often caused by problems at work, it can also appear in other areas of life, such as parenting, caretaking or romantic relationships.

## What are the Root Causes?

Using the onion model, we will go through the layers of our personalities, core beliefs, attachment theory, and addictive patterns to help you understand the driving forces of your unique high-achieving motivators.

## Value Alignment

After years of stress and prioritising work or others, a disconnect from our values occurs. To find the right healing solutions, we must understand what our values truly are, and what actions need to be taken to move into alignment with them, to restore our integrity.

Our professional coaching facilitators will help guide you in creating a sustainable plan of action to take what you've learned and implement lasting change into your life.





## THE PROGRAMME

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### Monday 16th September- Day 1

11:30	Welcome and Introductions
12:00	Lunch
13:00	Session 1: Understanding the signs, symptoms and stages of burnout
15:00-16:30	Castle Ashby house and garden tour led by Lord and Lady Northampton
17:30	Dinner
19:00	Session 2: Stress Management and the psychophysiology of stress

### Tuesday 17th September- Day 2

07:00-10:00	Breakfast at your leisure
08.15-09.15	Open Water Swimming at our Capability Brown Lake (optional)
10:00	Session 3: Sharing experiences and connections in a group session
12:00	Lunch
13:00	Session 4: Discovering the characteristics that lead to burnout
15:00-17:00	Castle Ashby estate walk with Lord and Lady Northampton
17:30	Dinner
19:00	Free Time

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## Wednesday 18th September- Day 3

- 07:00-10:00 Breakfast at your leisure
- 08:15-9:15 Open Water Swimming at our Capability Brown Lake (optional)
- 08:30-9:30 Yoga with Hayley Henderson (optional)
- 10:00 Session 5 : Living with Alignment- Foundations of embodying our values
- 12:00 Lunch
- 13:00 Session 6: Interventions and recovery planning
- 15:00 Free time - Enjoy hiring our bikes, walking or visiting the rural shopping yard.
- 17:30 Dinner
- 19:00 Fireside Chat

## Thursday 19th September - Day 4

- 07:00-10:00 Breakfast at your leisure
- 08:-15-9:15 Open Water Swimming at our Capability Brown Lake (optional)
- 09:30 1:1 Coaching sessions
- 12:00 Lunch
- 13:00 Wrap-up session and Farewells
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## Who we are

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### DANIELLE MCCARRON, FOUNDER

MSc, MBA, Ph.D. candidate



Danielle is a transformational and passionate leader helping other high achievers heal from burnout and find sustainable change. Danielle believes that a disconnect from our authentic selves keeps us stuck in cycles of unhealthy behaviour and strives to help others realign with their values and goals. After experiencing burnout in the behavioural and mental healthcare industry, she struggled to find resources and programs to help her heal. She co-founded Alignix to help other professionals find recovery through an expertly designed programme from years of research, trial and error and finding the best modalities available for healing. She is the Co-Founder of Alignix and is currently completing her PhD in Mind-Body Medicine. She has spoken at several conferences internationally, lead retreats and workshops on mindfulness, motivational interviewing, burnout, and transformative leadership. She won the Women of Inspiration 2022 “difference maker” award from the Universal Women’s Network and the 2023 Notable Business Leader award. Danielle resides in Toronto with her partner and dog, enjoys travelling and has lived in several countries around the world, taking in as much of life as possible.

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With a diverse background encompassing legal and business experience, coaching and national athletics, David brings a multifaceted approach to empowering individuals and organisations. David earned his law degree and MBA from the University of Toronto and has practiced law in New York and Ontario. David also holds bachelor's degrees in Psychology and Kinesiology from York University. His professional journey has taken him through top-tier international law firms and corporations in both New York and Toronto. Leveraging his legal acumen and business proficiency, he has engaged with professionals and athletes on an international scale, utilising his insights to drive their success and development. David is a former national athlete and representative of Team Canada in the decathlon, he has secured numerous national championships in various disciplines.

Beyond his professional pursuits, David is a charity board member, non-profit organisation advisor and he remains deeply engaged in community service. As an avid landscape photographer, he capture the beauty of nature through his lens and his extensive travels have broadened his perspective and enriched his experiences.

Driven by a profound dedication to empowering others, David draws upon his expertise, experiences, and passions to guide individuals and organisations toward achieving their aspirations. David is a community service advocate and his purpose is to inspire holistic growth in those encounters.

### DAVID ST. BERNARD, FOUNDER JD, MBA, BA Psychology and BA Kinesiology



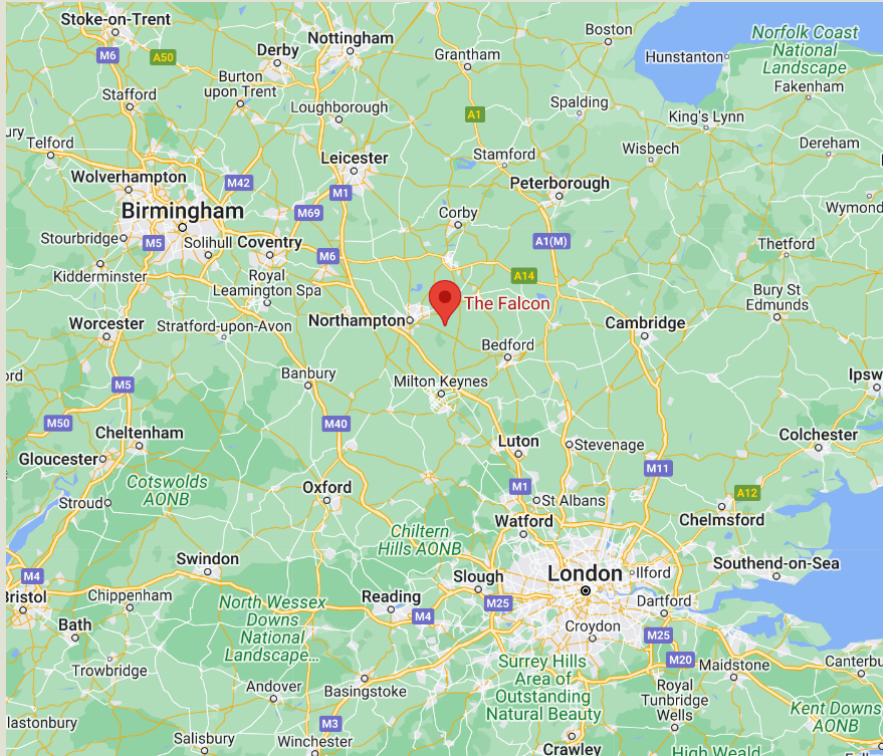


THE FALCON  
CASTLE ASHBY



Alignix

# Getting to The Falcon



## BY CAR

Heading north from Central London on the M1, exit at junction 14, and continue along A509 towards Castle Ashby, NN7 1LF.

## BY PLANE

Our nearest airport is London Heathrow, approximately 1 hour and a half by car to The Falcon.

## TRAINS

Our two nearest train stations are Northampton with services to London Euston, and Wellingborough with services to London St. Pancras. Both routes operate direct services in under an hour to and from Central London.

## TAXIS

If you are travelling by train we advise to pre-book taxis to and from the train station to The Falcon, we have the below taxi numbers:

Wellingborough Station  
Lee Cabs: 01933 442444

Northampton Station  
Amber Cars: 01604 232666

Free parking is available at The Falcon, and electric car charging points are provided by Pod Point. Please note, charging cables are not supplied.