

With
Dr Julia Carden
PCC

With
Karen Foy
MCC

Finding and Claiming Your Inner **Diamond**

When?

Friday 19 June - Sunday 21 June 2026

Where?

High Trenhouse, Settle, BD24 9PR

What?

A development programme to deepen self-connection in order to coach through uncertainty.

Who?

Any coach committed to development and growth and bringing their humanity to their practice.

Limited to 12 participants



11.5 Core Competencies; 2 Resource Development

This is a **bespoke, deep-dive development programme** where Karen and Julia will bring their years of experience as coaches, coach supervisors and mentors, as well as their own personal journeys in discovering their own inner diamonds.

When we talk about “inner diamond” we are talking about the essence of who you are as a person. Who and what is your authentic and true self? How can you connect with your inner self so you can ‘transcend the rules’ and connect deeply with your clients?

09:00-16:00

Day 1

18:00: Settling in and getting to know one another
19:00 Dinner and conversation

Day 2

07:30: Yorkshire breakfast
09:00-17:00: Individual, pair, trio, and group
exercises, personal reflection
19:00: Dinner and conversation

Day 3

09:00-16:00: How to claim our inner diamonds and use it to expand our capacity

In a world of constant noise and digital distraction, the pathway to differentiating and resourcing yourself as a coach requires **seclusion, containment, and deep focus.**

How much?

Super Early

Bird rate - £1,150 (+VAT)

Book before 31 December 2025

Early Bird rate - £1,300 (+VAT)

Book before 15 March 2026

Standard rate - £1,450 (+VAT)

Book after 15 March 2026

High Trenhouse

The venue has been chosen to reflect the core themes of **seclusion, deep reflection, and contained co-creation** that your "Inner Diamond" program is built upon. The venue's features (remote Yorkshire Dales location, rustic charm, wholesome food, and private grounds) and directly validate the experiential nature of your content.

All-Inclusive & Immersive: The price includes accommodation, premium food, and books. Somewhere where you can fully disconnect and immerse yourself.



Dr Julia Carden PCC

*Author of “Your Are Not As Self-Aware
As You Think You Are”*

After serving as a Royal Naval Officer, time spent as an HR Consultant and then as a Civil Servant working for the Ministry of Defence, I started Carden Consulting in 2008. I am a PCC with the ICF and the EMCC (Master Practitioner) and am an EMCC accredited coaching supervisor.



Karen Foy MCC

*Author of “Breaking the Coaching Code:
How Great Coaches Transcend the Rules”*

I started my career as a nurse but after discovering a love of psychology I changed direction, moving to supporting behaviour change through coaching. I am now a MCC with the ICF, and a Coach Educator, Supervisor and Mentor. I work with coaching clients to navigate their life and work.



If you're ready to stop striving to be a 'good coach' and start coaching from your most powerful, authentic self, this is your next step. In a world of transactional AI-coaching, your unique presence is your greatest asset. Sign up now to secure your space on this exclusive programme.

To book, please email either julia@carden-consulting.co.uk or karen@thecoachtribe.com