

IT'S TIME TO AWAKEN AND HEAL

With leadership and transformation expert
Nicholas Janni

A three-day retreat for leaders, consultants, coaches, activists and change agents

We are living in times of immense challenge and breathtaking possibilities for those who prioritise inner development in the understanding that everything, all of our agency and impact in the world, depends 100% on the degree of our inner coherence or fragmentation. In the face of the ever growing chaos, disruption, radical uncertainty and the fragility of local and global ecosystems, it is clear that old paradigms of thinking and execution are obsolete. They are the foundation of a period in humanity's evolution of growing and now catastrophic disconnection, polarisation and alienation.

The new paradigm is already here, and its foundation is the unified field of Love.

> *"Darkness cannot drive out darkness, only Light can do that.*
> *Hate cannot drive out hate; only Love can do that."*
>
> *— Martin Luther King Jr.*

Awakening and Healing is designed for change agents in all sectors who sense that the next frontier is not another model but the depth and quality of You, and the field of multi-level 'intelligence' that moves through you.

Your degree of Presence, embodiment, emotional intelligence, relational capacity, authenticity, ease with uncertainty, access to sustained states of 'flow'. The size of the field you can hold, and your capacity to be still points in the centre of the storm are what count now.

The aim is simple: to activate the full range of our intelligences, body, heart, intuition, mind, soul and spirit, to restore a depth of inner 'Being' at the centre of all the 'Doing', and to return to complexity with clarity and steadiness.

The work is based on decades of work with the two pillars of Awakening and Healing:

- Awakening to the higher levels of consciousness that have been mapped for millennia by all the wisdom cultures of the world.
- Healing: the release of all the life energy that sits frozen in the unconscious programmes, and the hurts and fears, personal and ancestral, that we each carry inside ourselves.

In three days we will experientially explore together the deeper patterns that shape judgement, presence, relationships and resilience under pressure. And we will experience transformative breakthroughs and a massive upgrade of our 'operating systems'.

The work is rigorous, experiential and personal. It brings together embodied practice, precise dialogue and cutting edge disciplines to help us impact our environments from a much more settled, intellig-ent and integrated place.

The time calls us to re-vision ourselves and the world, to keep what works, jettison what does not, to build some key new capacities.

- Learning to radically slow down, in order to move with effortless speed and refined precision
- Chaos and uncertainty as thresholds for new revelations and discoveries
- Accessing multiple types of 'Knowing'
- Becoming still points within the storms
- The true meaning of 'resilience'
- Discovering that huge amounts of Light and life-force sits at the core of the dark we have had to turn away from in ourselves until it became safe enough to turn directly towards it
- Living from a radical integration of the finite and the infinite, the particular and the universal, the black letters on the page and the white space behind the letters...

You will leave the retreat profoundly regenerated and inspired with:

- an embodied new map and understanding of yourself, and your landscape
- a set of inner practices to embed and sustain everything you have experienced
- a new level of mutual inspiration and support

LED BY



Nicholas Janni has devoted his life to the study of human potential. Since an awakening at the age of 16, he has studied and practiced many different forms of personal and spiritual development.

He works with CEO's and senior teams globally and teaches at two of the world's leading business schools, bringing a new vison and practice of leadership.

Over the last 25 years he has gained an international reputation for his transformational coaching and leadership development seminars. He bridges the worlds of creative, personal, spiritual and professional development in a uniquely powerful, relevant and accessible way.

In his first career he was a theatre director. He studied with Jerzy Grotowski in Poland, taught acting at The Royal Academy of Dramatic Art in London and directed his own theatre company. He has spent over 30 years researching the theory and the practice of 'the zone' of peak performance in art, life and work.

He co-founded the arts-based leadership consultancy Olivier Mythodrama in 2001 In 2023 he co-founded his new consultancy Matrix Development.

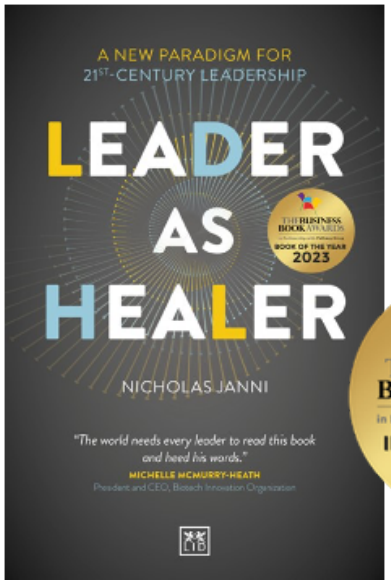
His book *Leader as Healer*, a new paradigm for 21st century leadership was published to wide acclaim in 2022 and won UK Business Book of the Year 2023.
His new book *Leading in Chaos* – a clarion call for a new future from two pioneers in leadership development and transformational change – co-authored with Amy Eizabeth Fox, was published in April 2026.

His clients have included: SwissRe, Zurich, Lafarge, Standard Chartered Bank, Ebay, Microsoft, Motorola, FedEx, Amdocs, Teva, Dentons, Rolls Royce, The UK Home Office, The UK Permanent Secretaries, the NHS and Tecan.

Webpage: www.thematrixdevelopment.com

"In my decades developing executives at top business schools, Nicholas Janni's work has consistently been the most transformational I have witnessed. He is the linchpin of every program I direct. Given the existential challenges we face, there is no book that is more important and timely."

MICHAEL WATKINS
Professor of Leadership and Organisational Change, IMD Business School, author of *The First 90 Days*



LEADER AS HEALER

A New Paradigm for 21st Century Leadership

The Business Book Awards 2023
Business Book of the Year



NICHOLAS JANNI

THE BUSINESS BOOK AWARDS
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INTERNATIONAL BUSINESS BOOK 2023



Watch Nicholas's Interview on BBC World Business Report

LEADING IN CHAOS

A clarion call to a new future from two pioneers in leadership development and transformational change



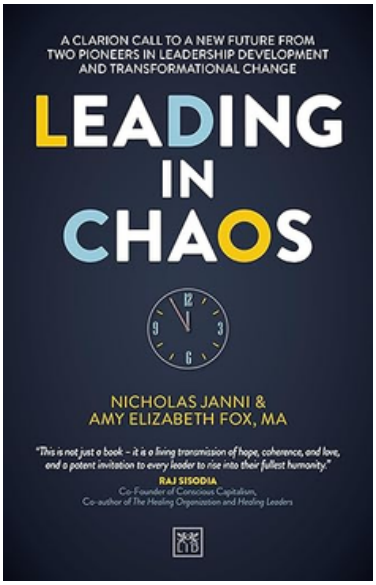
AMY ELIZABETH FOX, MA

Co-Founder and Chief Executive Officer and Mobius Executive Leadership expert in vertical development, transformational change, and trauma-informed consulting



NICHOLAS JANNI

Co-Founder and Programme Director at The Matrix Development, Author of Leader as Healer – A New Paradigm for 21st Century Leadership and Winner of the Business Book of the Year 2023



From the foreword of *Leading in Chaos*

"Here, ancient wisdom traditions speak to quarterly earnings. Trauma healing becomes organizational strategy. The body's intelligence supersedes the mind's calculations. Prayer and spreadsheets coexist. This isn't New Age wishful thinking but a rigorous argument that unless we reunite body and mind, heart and strategy, sacred and secular, we will continue to create the conditions that threaten our species' survival."



MICHAEL WATKINS
Professor of Leadership and Organisational Change, IMD Business School, author of *The First 90 Days*

ASSISTED BY



Hadassa Deganı

Hadassa is the founder of Tree of Healing, deeply committed to the art of healing and transformation. Drawing on Chinese medicine, organisational coaching and mentoring, she works somatically, emotionally and psychologically to support people at every stage of their development. She has been a core member of Nicholas' team for the past ten years.



Ian Paterson

Ian creates a crucible for deep transformative change – a place of unconditional presence, trust and safety where healing can begin.
Leaders lower their defences, reconnect with the intelligence of the body and meet what has been held or hidden with compassion. From this embodied healing, awakening becomes possible.



Lisa Kohn

Lisa has devoted her adult life to healing and awakening – her own,
as well as that of others and of the world. She has partnered with senior executives and leadership teams for over thirty years as a coach and facilitator. With depth, humour and warmth, she creates space for clients to feel into their truths, embrace their shadows and light, and let the body guide them. She has been described as "leading with love".



Ross Martin

Ross brings to his coaching a calm, compassionate presence blended with a willingness to speak directly and candidly. His own journey through transformative coaching has deepened his capacity for love, acceptance, patience and transparency, shaping how he understands and meets others. Ross honours the courage it takes to look within and supports individuals and teams in discovering new possibilities for growth and transformation.



Hyeon-Ju Rho

Hyeon-Ju helps leaders, healers and changemakers embody their unique song – the essence of who they are and the medicine they bring to the world. With attuned presence, tenderness and intuition, she creates spaces where people are profoundly seen and welcomed. She coaches individuals and teams, and facilitates group retreats and workshops.