

Sharpham Coach House Manager

FAQs

1. When will the Coach House open?

The conversion works are well advanced. Allowing for fitting out and any delays we hope to open by April. The intention is that the Manager starts ahead of this to help with planning and preparation.

2. What is the ethos of the new centre?

The new centre aims to connect people with the natural world through mindfulness. Participants will spend time living in community and doing mindful work or activities on the land. We also aim to connect people with our rewilding project on the estate.

3. Is it the same as the Barn Retreat?

No but there are similarities in that weekly retreats are facilitated by long-term volunteers. The Coach House will not be Buddhist but its ethos will be underpinned by Buddhist philosophy. There will be a strong ecological focus. Unlike the Barn the Coach House programme may include some external groups running their own programmes. There will be more participants staying at the Coach House than the Barn but there will be additional staff to support them.

4. Will the Manager lead the retreats?

No the Manager is there to oversee the operation of the centre and support the Volunteer Coordinators. He or she may be directly involved at times during a retreat but the majority of facilitation will be done by the Volunteer Coordinators. The Manager may have to step in if for any reason a Coordinator was indisposed.

5. Who will come to the centre?

The Trust has a well-established and loyal audience which we hope the new centre will appeal to. Most of our retreats and courses are heavily over-subscribed and one objective of opening the Coach House is to enable us to help more people than we currently are able to. Our retreats are aimed at those who are not currently experiencing significant mental health difficulties and we have processes in place to assess this prior to attendance.

6. What support will the Manager get?

The Manager will be supported by various members of the Trust Staff team who are responsible for: programming, finance, marketing, bookings, health and safety, property management, gardening and catering. The overall Trust is governed by a board of volunteer Trustees who set the overall direction and strategy.

7. Where do the Volunteer Coordinators live?

The Volunteer Coordinators will be recruited to come and facilitate retreats for a year and they will live on site close to the Coach House. Each week there will usually be two coordinators facilitating, one supporting and one off.

8. What does Mindfulness mean at Sharpham?

We teach experiential mindfulness that is not aligned with any specific philosophy or tradition but tries to embrace many different approaches.

Please see the [Mindfulness at Sharpham](#) document.

9. Is the Coach House Buddhist?

The Coach House offers contemplative mindfulness practice that is underpinned by the teachings of Buddhist philosophy as well as the modern science of psychology and neuroscience.

10. Will it be the same every week?

The Coach House will run regular weekly retreats for 18 participants interspersed with external groups who are hiring the facilities. These external groups will usually be running retreats or courses and their numbers may be slightly higher. The Manager will need to be flexible and prepared to oversee all these activities.

11. Who will oversee the gardening?

The gardening team will organise the retreatant tasks in the gardens supported by the Volunteer Coordinators.

12. Does the Coach House Manager need to live onsite?

No but the Manager needs to be able to travel easily to the site. There is no regular bus service but there is a 2.5 mile cycle path from Totnes.