

Experience a Life-changing PersonalWEL Retreat with Dr David Reilly

Create transforming benefits in your well-being, health, and happiness
26th-30th August 2024 in Kinloss, Moray, Scotland



Findhorn Bay 5 minutes walk from the venue

David is such a wise man, a role model for us all and a giant in his field; he has such an understanding of the deeper meaning of life. David uses his extensive clinical and research experience in restoring wholeness for human beings to give us hope for a new kind of future.

Dr Hans Hartung, MD, NHS Consultant,
when David won ALLIANCE Scotland Changemaker of The Year

Why Do TheWEL?

TheWEL can create remarkable life-transforming benefits for your well-being, health and happiness. TheWEL changes lives. It has proved its worth in over 3000 people with a full range of physical and emotional problems. Scientific evaluation with 1-5 year follow-ups show:

88% of participants report long-term benefits - *with significant changes in*



General Wellbeing,
Quality Of Life,
Energy Levels,
Sense Of Empowerment
Self-Compassion,
Main Symptoms, plus
Improved Blood
for modern epidemics like
diabetes, inflammation,
and depression.

*I have absolutely
loved every part of
it...*

So enjoyed it ...

Wow! Fantastic...

*Has fundamentally
changed my way
of viewing others –
but more
importantly,
myself. Thank you!*

A fresh new way...

Outstanding

Changed my life...

*The course
challenged my
thoughts and
beliefs... inspired
me,... an
absolute
privilege to take
part. David and
his team bring
hope and
exciting
prospects for our
future*



*Has brought me the
first sightings of
peace.*

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Why Do *This* PersonalWEL?

The chance of doing a live WEL with David is now rare. He is currently focused on his online teaching, one-to-one clients, and work with TheWEL Charity, especially in areas of deprivation. This intensive 5-day retreat version of the PersonalWEL course is the only live teaching planned for 2024.

- ① The venue sits in one and a half acres of garden, set on the grounds of the ruins of the twelve-century Kinloss Abbey. It is only a five-minute walk from Findhorn Bay and is surrounded by beautiful beaches, mountains, and countryside
- ② 20+ hours of learning and reflection guided by David
- ③ Radical challenge and support for your self-care and your ability to help others
- ④ The number of participants will be strictly limited to ensure personally tuned dialogues
- ⑤ This is not group therapy, and if you need it to be a private space, you can be silent in the small group
- ⑥ If you wish, David will offer a short private dialogue with you about your WELJourney
- ⑦ You will receive valuable take-home resources: the latest version of The Human Guidebook and the full WEL course on digital media
- ⑧ You be given a 50% discount for a subsequent one-to-one consultation with David, in person or by phone
- ⑨ You will receive a Certificate of Completion to mark your personal achievement and, if needed, as a professional marker of training
- ⑩ This course will be a stepping-stone if you want to progress to a WELPractitioner or train as a WELGuide in your organisation or practice.



If it was not for what I learned in TheWEL course, I would be on insulin now for my diabetes and on anti-depressants... It has transformed my life...

I am now coming off my medication and for the first time in 2 years, from techniques I learned on the WEL

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Your Investment

David offers the PersonalWEL in his own home. The price, which includes the five full days of teaching, the course materials and delicious homemade lunches and tea breaks and snacks, is £1225. If you are paying personally, there is an early-bird discount that saves you £250 until August 1st, 2024, meaning you would pay only £975. Two places will also be available with a further discretionary discount for those with restricted income.

Invaluable... Gave me the tools to help me help myself

Empowered me -

Liberating and hugely helpful -

Really aided my recovery -

A brilliant strategy for coping

It became clear that we were witnessing evidence of a remarkable qualitative change in participants' capacity for self-care, resilience and wellbeing.

Independent assessment visit to TheWEL led by
Prof Phil Hanlon, University of Glasgow Department of Public Health.

I am excited to offer you this PersonalWEL. I hope you can join me with a small group of motivated participants who wish to support their life path towards greater wellness, peace and happiness for themselves and for others.

TheWEL will help you reconnect to your deeper restorative self and build a new foundation for your future wellbeing.

With my best wishes

David

To secure a place or ask any questions, please write to me at connect@thewel.org. I will supply information about booking, transport, and examples of local accommodation (from great hotels to B&Bs to caravan and holiday parks by the sea).

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Learning More About TheWEL and Dr Reilly

Watch his TEDx talk on Unlocking Human Healing
<https://www.youtube.com/watch?v=LUFgxBPh4Y>

Visit

www.davidreilly.net
www.thewelworld.org

Doctor David Reilly FRCP MRCGP Honorary DSc
Consultant in Wellness
Founder, Director of TheWEL and The Healing Shift
Programmes and TheWELCharity.

Previously: Over 40 years experience as a doctor,
researcher, teacher and innovating leader,
Including roles as:
Lead Consultant Physician and Director of The Academic
Department, he led the creation of the award-winning
NHS Centre for Integrative Care
Scottish Government's Lead Clinician for Integrative Care
Greater Glasgow and Clyde's Lead Clinician for CFS/ME
Honorary Senior Lecturer in Medicine, Glasgow
University
MRC/RCCM Research Fellow
Visiting Professor, Maryland University, USA
principle Overseas Consultant, Osher Centre, Medical
School, Harvard University, USA



'Internationally acclaimed, award winning doctor and leader in wellness and health. Renowned for his ability to help people achieve profound improvements in their wellbeing and their health... Recognised as a gifted teacher, taught in over 20 countries. Advisor to governments and international organisations. Significant scientific achievements with impactful publications in leading medical journals (like The Lancet and BMJ). Introduction to Cornell Medical School teaching.'

Dr Reilly is an inspirational health pioneer and innovator, whose leadership has set a new gold standard for health care. On winning Scotland's Dynamic Place Award 'Person of the Year' 2000

".. visionary clinical and policy leadership."
Finalist, the Scottish NHS Doctor of the Year

Participants' quotes here are used with permission from the formal qualitative research data. For an example of a fuller case history and WEL background - Reilly, D. (2018). Darkness, Life-Compassion and the seeds of transformation. Notes and results from The Healing Shift Enquiry. *Journal of holistic healthcare*, 15(1), 30-37. <https://bhma.org/product/transformati-ve-innovation/>