



FINDHORN  
INTERNATIONAL CENTRE  
FOR SUSTAINABILITY

# Eldest Daughter Retreat

Saturday 17 - Tuesday 20 March 2018 | Findhorn Foundation, Scotland

Are you a professional woman who takes responsibility for everyone?  
Are you always seeking perfection in your personal and professional life?  
Do you easily take the lead and consistently outperform?  
Do you feel sometimes like you are 'faking it'? If the answer to these questions is mostly yes, the chances are you are an eldest daughter\*.

You may not have thought about it before, but eldest daughters are very similar; an analysis of this can provide important personal insights and learning. In general, eldest daughters are the responsible women, the dutiful, thoughtful, hands-on and caring ones who often still wonder if they've done enough. Sound familiar?

## The Retreat

The Eldest Daughter Retreat provides a life-affirming opportunity to meet other 'eldest daughters' and time to reflect on your role as the first-born daughter. There will be space created for you to reconnect with what drives you, allowing you to become more conscious of your eldest daughter patterns and ultimately gain a greater freedom of choice.

Following expertly facilitated learning sessions, you will have time to enjoy the peace and tranquillity that the Findhorn community offers. For those who wish to partake, holistic therapies are offered by local expert practitioners.

Inspired by the ground-breaking insights and learnings of Lisette Schuitemaker and Wies Enthoven's work, The Eldest Daughter Effect this retreat draws upon the research of the authors and integrates the experiences of participants to develop deep insights into the patterns that are shared within the group.

## Who should attend?

The Findhorn Eldest Daughter Retreat is exclusively for professional (and aspiring professional) eldest daughters: women who are the firstborn in their family, with at least one younger sibling of either gender.

The event is specifically targeted at firstborn women who are:

- Professional women seeking to gain greater authenticity as they build their leadership capacities.
- Business leaders, managers, directors, community leaders and influencers who seek to be better professionals through integrating their personal development.
- Young adult women at the beginning of their careers or still working towards qualifications in their chosen field.
- Grandmothers, mothers and daughters. We especially welcome different generations of eldest daughters from the same family to this event (see our discount offer on the Logistics page for more information).

\* Women who are the firstborn in their family, with at least one younger sibling of either gender.



“The Eldest Daughter Retreat was like the best family reunion ever! It was amazing to discover the core qualities of my Eldest Daughter Effect archetype reflected in so many other women.”

Marilyn Hamilton, PhD, CPA-CGA, Founder of Integral City Meshworks, Author of Integral City for the Human Hive Series.



## The Conveners



### **Lisette Schuitemaker**

Eldest of four, Lisette is co-author of The Eldest Daughter Effect. Lisette has a background in communications working for leading Dutch corporations, with her own agency. Having served on the boards of several organisations, she is currently Chair of Trustees of the Findhorn Foundation.

**[www.eldestdaughtereffect.com](http://www.eldestdaughtereffect.com)**



### **Jayn Sterland**

Eldest of a doctor and a farmer, with two younger brothers, Jayn is Managing Director of Weleda in the UK, an ethical business, that makes and distributes natural medicines and cosmetics. Brought up in a farming environment where women were expected to be able to run the household by age 11, she calls herself a 'professional juggler'.

**[www.weleda.co.uk](http://www.weleda.co.uk)**



### **Gill Emslie**

Gill Emslie, PhD, Eldest of four, is a founding member of the Findhorn Consultancy Service and the Institute for Processwork and Deep Democracy, Spain. She works as a consultant and coach, facilitating community processes worldwide specialising in leadership, conflict, peace building and multistakeholder dialogue.

**[www.findhornconsultancy.com](http://www.findhornconsultancy.com)**



“We’ve talked about eldest daughter qualities that we can feel as burdens, yet they have made us who we are. The retreat helped me embrace being caring, giving and reliable by choice, because I see this is not expected, but appreciated.”

Debbie Misan, student at Manchester School of Art.



“I found it a traumatic experience, being an eldest, and while I felt pulled to attend, I also felt resistance. Once here, I’ve been in total flow with all of us. This circle has given me freedom to be an eldest daughter without expectancy.”

Patrice van Riemsdijk, Associate at Future Considerations.

We look forward to welcoming  
you to this beautiful retreat

**Saturday 17- Tuesday 20 March 2018**

Findhorn Foundation, Findhorn, Forres, Scotland IV36 3TZ

Cost £845 (includes a complimentary copy of The Eldest Daughter Effect)

Start: **Saturday 17 March** - registration at 4pm, to start with dinner at 6pm.

End: **Tuesday 20 March** - ends with dinner at 6pm, Tuesday night included for Wednesday departure.

Included: Four nights' accommodation (Saturday - Tuesday),  
all meals (vegetarian, local, organic where possible), retreat content and facilitation.

Optional: Bed and breakfast, subject to availability, before/after the event (£45 per night).

Please note some optional retreat activities will require an additional payment (for example massage).

**Please register your intention to attend by emailing  
[fics@findhorn.org](mailto:fics@findhorn.org) by 15th December 2017.**



**Contact: [fics@findhorn.org](mailto:fics@findhorn.org) for further information**

For more on the book that gave rise to this retreat visit **[www.eldestdaughtereffect.com](http://www.eldestdaughtereffect.com)**

To view Lisette Schuitemaker's TEDxFindhorn talk about the impact of the birth order on women see **<http://bit.ly/2qajkQM>**