

The Pause

A FOUR-DAY IMMERSIVE RETREAT EXPERIENCE FOR YPO® FORUMS

Your Forum already has the trust. Now give it the time to go deeper.

The Pause is a four-day experience created specifically for an existing YPO Forum — a protected opportunity to step away from the demands of leadership and create space to explore how you want to live, lead and relate.

Your Forum brings trust. The Pause provides the architecture, facilitation and environment to use that trust differently.

Rather than another presentation-led retreat, the experience combines facilitated peer inquiry, individual reflection, contemplative practice, embodied work, time in nature and deliberate unstructured time.

There is no prescribed answer and no required outcome. Members choose what they explore, what they share and what they take forward.

WHAT MEMBERS EXPERIENCE

Across four days, members move between facilitated group inquiry, individual reflection and experiences designed to engage both mind and body.

The Pause draws on Western philosophy, Eastern contemplative practice, contemporary psychology and neuroscience, combining intellectual inquiry with practical and embodied experiences. The programme consists of a carefully designed series of exercises that include:

- Facilitated peer conversations and inquiry
- Individual reflection and journaling
- Contemplative practice and silence
- Body-based and experiential exercises
- Time outdoors and in nature
- Deliberate periods of unstructured time
- Opportunities to explore personal questions that everyday leadership rarely leaves time to consider

The emphasis is not on business strategy or presentations. It is on the human questions behind leadership, relationships and the life we choose to create.

THE FORUM REMAINS THE FORUM

The experience begins on Day 1 at 10:00 with your regular Forum time, led by your own moderator and following your existing Forum agenda and protocol. The Pause facilitators are not involved unless invited.

After Forum business concludes, the afternoon is intentionally unscheduled.

The Pause begins at 18:00 on Day 1 and concludes at 16:00 on Day 4.

Throughout the experience, YPO Forum principles remain central. Members are invited to listen, question, share and accept, creating an environment where meaningful conversations can unfold without the pressure to solve, perform or advise.

Confidentiality and the Forum safe-haven environment remain fully in force. There is no recording, photography or solicitation.

Participation is always voluntary. Members may choose what they share, which exercises they participate in and where they set their personal boundaries.

WHAT MEMBERS TAKE AWAY

Members leave with insights and reflections that are personal to them, rather than a prescribed programme of answers. No two members take home the same thing, and nothing is measured against a fixed outcome. The value extends beyond the four days together, into what each member chooses to do, in their leadership, their relationships and their Forum, with the questions, insights and commitments that emerge.

- Greater clarity about what matters now
- Fresh perspectives on leadership, relationships and life
- Deeper understanding between Forum members
- Practical approaches to reflection and attention
- Personally chosen commitments
- A clearer sense of what they want to carry forward

WHAT THE PROGRAMME INCLUDES

BEFORE

- Preparation conversation with the Forum moderator
- Discovery of the Forum's needs and aspirations
- Suggested Forum agreements
- Personal preparation for members
- Travel and logistics guidance

DURING

- Purpose-designed four-day experience
- Protected Forum time
- Expert facilitation
- Peer inquiry and structured conversation
- Reflection and individual exploration
- Contemplative and embodied practices
- Time in nature and deliberate unstructured time

AFTER

- Integration guidance
- Practices members can continue
- The questions and commitments each member chooses
- Optional Forum follow-up session

DESIGNED FOR YPO FORUMS

The Pause is designed for an intact YPO Forum of up to eight members (contact us for larger Forums).

It is particularly suited to Forums looking to:

- Deepen an already strong Forum relationship
- Create space for conversations that rarely happen in everyday life
- Explore personal leadership and life questions beyond business performance
- Step away from the demands of an always-on leadership role
- Experience their Forum in a new and more immersive way
- Reconnect with personal priorities and shared values
- Navigate major life and leadership transitions together
- Strengthen mutual support in times of uncertainty

The experience is designed to complement, not replace, the Forum's existing meetings and protocols.

THE PAUSE FACILITATORS

PETE DEEMER

Former startup founder and senior executive from Silicon Valley, with experience at Yahoo!, CNET and GameSpot. Pete holds a BA from Harvard and an MSc in Psychology and Neuroscience from King's College London. He is also a globally recognized expert and author on Agile development.

DEREK VAN ZOONEN

PhD in philosophy, with academic training at Oxford, Columbia, Humboldt Universität Berlin and Groningen. Derek is affiliated with the University of Oslo, where he researches philosophical and psychological approaches to wellbeing.

Together, Pete and Derek bring complementary perspectives across leadership, psychology, neuroscience, philosophy and wellbeing - creating an experience that is both intellectually rigorous and personally engaging.

THE SETTING

The experience takes place at Cassia Hill, a private villa and gardens in a natural setting near Galle on Sri Lanka's southern coast.

The setting is intentionally part of the experience: privacy, nature, space and time create conditions for attention, reflection and conversation.

The villa has its own chef and provides an intimate environment for an entire Forum to be together.

After Forum business has concluded, the remaining time is device-free, creating a protected interval from the always-on world. An emergency contact line is maintained by the facilitators.

INCLUDES

For up to eight members. (For larger forums, contact us.)

- Private villa for four days / three nights
- All meals
- Both facilitators
- All programme sessions
- All programme materials
- Member preparation
- Integration guidance
- Optional Forum follow-up session
- Travel to and from Sri Lanka is not included.

IMPORTANT INFORMATION

YPO® is a registered trademark of YPO, Inc. and is used here only to identify the organization whose Forums this programme is designed for.

The Pause is an independent external resource and is not affiliated with, sponsored by or endorsed by YPO.

The Pause is an educational and experiential programme. It is not psychotherapy, medical care or mental-health treatment.

Participation in every exercise and conversation is voluntary. Members remain free to pass, step out or choose what they share.

Confidentiality, respect and the Forum safe-haven environment are fundamental to the experience.

READY TO EXPLORE THE PAUSE?

If your Forum is looking for four days to step away from the noise, reconnect with one another and explore the questions that matter, we would welcome a conversation about whether The Pause is right for your Forum.

Pete Deemer
pete@findthepause.com