



The Path

A journey to clarity, purpose, and
mindful resilience.



The Path

Clarity, Resilience, and Peace of Mind in a Demanding World

Life in a family business brings a unique set of pressures: the weight of responsibility, the complexity of relationships, and the constant demand to balance professional and personal roles.

It's easy to feel reactive, overwhelmed, or stuck on autopilot.

The Path is designed to help you step out of that cycle not with another strategy, but by strengthening the one thing that shapes everything else: **your mind**.

This isn't mindfulness as a lifestyle trend. It's a practical, grounded programme that helps you manage stress, stay focused, build resilience, and respond more wisely to the challenges you face.

Over eight modules, you'll learn to:

- Respond with intention instead of reacting out of habit
- Stay focused in chaotic or emotionally charged situations
- Reduce stress by understanding how your mind works
- Build a resilient mindset for calm, clear decision-making
- Navigate change and uncertainty with greater ease
- Communicate and relate more effectively
- Sleep better, think clearer, and live with more presence



Welcome to Your Journey

This is not a mindfulness course in the 'download-an-app-and-breathe' sense. It's a structured, grounded programme designed to help you navigate the very real pressures of working in or around a family business.

Built on centuries-old principles of mindfulness, and reinterpreted in a practical, modern format, the course provides a structured journey through eight core themes.

These are not abstract ideas but day-to-day realities: stress, focus, sleep, change, and the search for peace and meaning.

As facilitators, we have lived and worked within family businesses.

We understand the emotional entanglements, the decision-making challenges, and the blurred boundaries between personal and professional.

This course was created to help you move through these challenges with more clarity, less reactivity, and a stronger foundation of calm.

There are no exams. No pressure to 'get it right'. Just a clear, steady path, yours to walk at your own pace.

Whether you lead a business, support one, or are part of a family enterprise, The Path offers more than insight, it offers practice.

Because change doesn't happen just by knowing what to do.

It happens when you train the mind behind it.



Who Is This For?

What we teach in this course can benefit anyone, but The Path was created with the unique realities of family business in mind.

Whether you're leading the business, preparing to step into more responsibility, supporting from the sidelines, or advising families professionally, The Path meets you where you are, and helps you meet the moment with more clarity and calm.

It's especially relevant for:

- Current leaders who feel the weight of responsibility and want tools to manage stress, communicate effectively, and respond wisely under pressure
- Rising generation family members navigating uncertainty around identity, purpose, and their role in the family or the business
- Family members not directly involved in the business who want to remain connected, supportive, and included in the conversation
- Non-family executives working within a family business who want to better understand the dynamics at play and build stronger, more trusting relationships
- Professional advisers, lawyers, accountants, consultants, who want to bring more presence, awareness, and emotional intelligence into their work with families

If you're open-minded, curious, and ready to reflect, not just for your own benefit, but for the good of those around you, this course is for you.

What You'll Learn and Practise

Each module of The Path includes a thoughtfully designed mix of short videos, guided meditations, written reflections, and suggested weekly practices.

The structure is simple and flexible. We recommend spending about a week on each module, giving yourself the space to absorb the ideas, try things out in your day-to-day life, and reflect on what shifts as a result.

This isn't about racing through content, it's about slowing down enough to notice what's really going on, and learning how to respond with more clarity and steadiness.

In each module, you'll:

- Watch some short, easy-to-follow videos (5–10 minutes each) to introduce key ideas
- Read concise, thoughtful pieces that go deeper into the topic
- Reflect through journaling prompts and daily observations that anchor learning in your real life

If you choose the **Guided** version of the programme, you'll also take part in:

- A weekly live Zoom session (eight in total) with a small group of fellow learners
- Facilitated conversations and shared insights in a supportive, non-judgemental space
- Real-time Q&A and encouragement from experienced mindfulness practitioners

You won't just gain insight, you'll build a foundation. These are transferable life skills you can return to again and again.



Two Ways to Walk The Path

The real benefit of The Path lies not just in the content, but in the knowledge, tools and habits you'll carry with you long after the course ends.

Self-Guided – ~~£499~~ Launch Price £399 (+VAT where applicable)

- Access to all 8 modules
- Work at your own pace with full access to videos, readings and meditations
- Ideal if your schedule is unpredictable or you prefer solo learning

Guided – ~~£2,250~~ Launch Price £1,500 (+VAT where applicable)

- Everything in the self-guided path
- PLUS 8 weekly live Zoom calls, each 2 hours, with expert facilitation
- Cohort of 6–8 learners: rich conversation, support, shared experience
- Ideal if you value group learning, accountability, and connection

Within each option you'll learn how to meet moments of stress, confusion or emotional turbulence with greater steadiness.

You'll build the capacity to think clearly under pressure, to pause before reacting, and to return to what really matters, whether at home, at work, or within yourself.

Once learned, they become part of your inner toolkit, something steady and reliable to draw upon whenever life feels uncertain, pressured, or overwhelming.

The Eight Modules at a Glance

1. What Really Matters

Reconnect with your core values. Learn to spot the difference between what's urgent and what's important.

2. Focus and Clear Thinking

Learn to notice distractions, calm the mental chatter, and build mental clarity.

3. Building Resilience

Discover practical tools to help you recover from setbacks and steady your emotional response.

4. Managing Stress, Anxiety and Worry

Understand how thoughts and feelings operate and how to soften their impact.

5. Navigating Change and Uncertainty

Explore your relationship with change and how to meet the unknown with steadiness.

6. Getting a Good Night's Sleep

Improve the quality of your rest by working with your habits, your environment and your mental restlessness.

7. Managing Mood Swings

Learn to ride the waves of your emotions and return more often to a state of balance.

8. Mindfulness for Happiness

Move away from striving toward a more peaceful, sustainable way of being content with life.



Why Mindfulness? Why Now?

Mindfulness isn't about zoning out, switching off, or becoming passive. It's about waking up and becoming more present, more aware of what's happening in and around you, and more able to respond with thoughtfulness instead of reacting on autopilot.

In the context of family business, where emotion, history, and responsibility often collide, that shift can be transformational.

Less reactivity means more space for thoughtful conversations.

More clarity leads to wiser, more considered decisions.

More calm frees up energy for what truly matters, in both work and life.

Through The Path, you'll learn how to:

- Pause before reacting, so you can choose your next move with intention
- Use the breath to settle your nervous system and steady your thoughts
- Bring mindful awareness into conversations, especially when they feel emotionally charged
- Cultivate inner qualities like calm, resilience, and presence — so you can meet challenges with more stability and perspective

Mindfulness doesn't require you to subscribe to any belief system.

It simply invites you to pay attention, to practise, to observe, and to see what happens when you do.

Meet your Facilitators



Russ Haworth - Russ has supported family businesses for over a decade. He is the founder of the Family Business Partnership and host of the popular Family Business Podcast. After being introduced to mindfulness by Martin, Russ began weaving it into his work with families.



Martin Stepek – Martin spent over 20 years working in his own family business before co-founding the Scottish Family Business Association in the 2000's. He began practicing mindfulness in 1998 and trained for four years in the Tibetan tradition. Martin has since taught mindfulness for more than two decades, authored six books, and is widely recognised as one of the UK's leading mindfulness teachers.



Alec Broadhurst – Alec first encountered mindfulness through coaching with Martin while working in his own family business. At the same time, he was developing his interest in the field of family business and gained certification in Family Business Advising.

Take the First Step

This isn't about perfection.

It's about showing up, to your thoughts, your life, your challenges, and learning to meet them with greater steadiness and care.

You don't need to prepare. You just need to begin.

- Choose your format: **Guided** or **Self-Guided**
- Begin when you're ready (or join our next cohort)
- Commit to giving yourself time, attention and space

Enrol now or get in touch:

Russ@familybusinesspartnership.com

www.familybusinesspartnership.com/thepath

We look forward to walking alongside you.

"No one saves us but ourselves. No one can and no one may. We ourselves must walk The Path"

- Siddhartha Gautama