



TYLP  
INSPIRING CHANGE

# WELCOME PACK

THE CHANGEMAKER RETREAT 2021

A GUIDE ON WHAT TO EXPECT FOR AN  
EXCITING TRANSFORMATIONAL WEEKEND

**DATE**  
19TH - 21ST NOVEMBER

**LOCATION**  
MARKFIELD CONFERENCE  
CENTRE

**RETREAT THEME**  
CHANGING YOUR MINDSET - FROM  
SELFISHNESS TO SELFLESSNESS



## TABLE OF CONTENTS

01	Welcome Message from Retreat In-charge Page 1
02	Important Information About The Retreat Pages 2, 3, 4 & 5
03	Travel Details Page 6
04	Meet The Team Page 7
05	Event Menu Page 8
06	Event Schedule & Agenda Pages 9, 10 & 11
07	Workshop/Spiritual Reminder Topics Page 12 & 13
08	Outdoor Activities Page 14
09	FAQ's Pages 15 & 16
10	Testimonials Page 17
11	Next Steps Page 18

# Welcome!

Welcome! It gives us great pleasure to welcome you to TYLP's autumn residential retreat themed *Changing You Mindset - From Selfishness to selflessness*.

Today's world seems to function with a mixture of self-absorption, self-promotion, and downright selfishness, with a sprinkling of compassion and generosity. It should be the other way around, unfortunately, but we can all do our part to make important changes.

This interactive and engaging residential 2-day retreat aims to recalibrate your mindset by loving others the way you love yourself. You will develop the key skills required to develop projects and ventures aimed at making impactful change in society.

You will develop yourself in the company of like-minded professionals who are open to diversity of thought and have aspirations to become changemakers - professionals who are courageous, action-oriented risk takers and who want to shape and influence the future. They are also reflective practitioners who wish to learn from experience and group work, as well as formal teaching situations.

The program is packed with interactive workshops, sports, team building exercises, competitions and spiritual reminders.

We pray that this retreat is a transformative experience for you.

*Dr Riza Mohammed*





# IMPORTANT INFORMATION

---

## Full Address:

Markfield Conference Centre, Ratby Lane, Markfield,  
Leicestershire, LE67 9SY

## Dates:

Check-in: Friday 19th November 6pm

Departure: Sunday 21st November 4pm

## Contact Details

For any enquiries, please use the below contact information below:



[hello@tylp.org](mailto:hello@tylp.org)



Omar Tikrity: 07949 751 224

Dr Riza Mohammed: 07939 919 872



## About The Location

The retreat will be held at Markfield Conference Centre, set in the beautiful countryside of the heart of rural England.

This campus offers voluntary youth groups and community organisations an ideal venue for social events and workshops.

There is free secure parking on-site & a prayer hall for men & women.

Importantly, there is free on-site WiFi service.

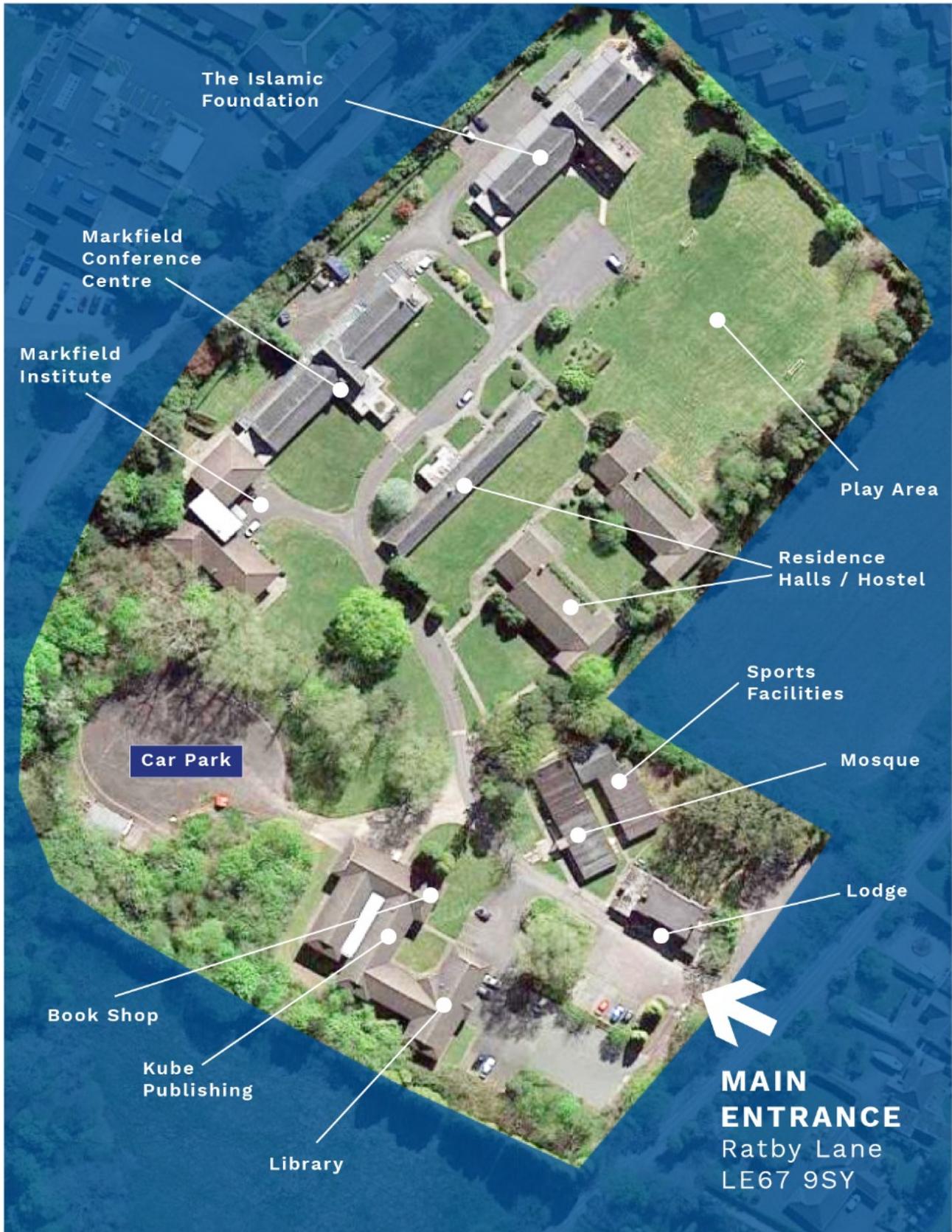


## Residential Accommodation

The Islamic Foundation owns and runs a self-contained residential facility within its complex. The accommodation has 44 single rooms in two residential blocks. The bedrooms are comfortable and simply furnished. 8 of the rooms have ensuite facilities with double beds. All floors have toilets and shower facilities.

Each of the two residential blocks has a lounge with a fully-fitted kitchen that provides coffee/tea or refreshment making facilities.





## Extra Information

Every room is furnished with 1 pillow, duvet and bed sheet. However, you are welcome to bring more for your comfort.



## Things To Bring

- ✓ **Laptop**
- ✓ **Camera, Mobile Phone & Charger**
- ✓ **Snacks (there is no canteen on the compound)**
- ✓ **Water Bottle & Work-Out Clothes**
- ✓ **Trainers/Walking Shoes for Trek**
- ✓ **Medication (If necessary)**

# TRAVEL

## Getting Here

---

There are various ways to travel to the venue.

### By Bus:

Buses from Leicester run approx. every 40 mins from St. Margaret's bus station, no.29.

It takes you to the village and it's a short walk from there.

### By Car:

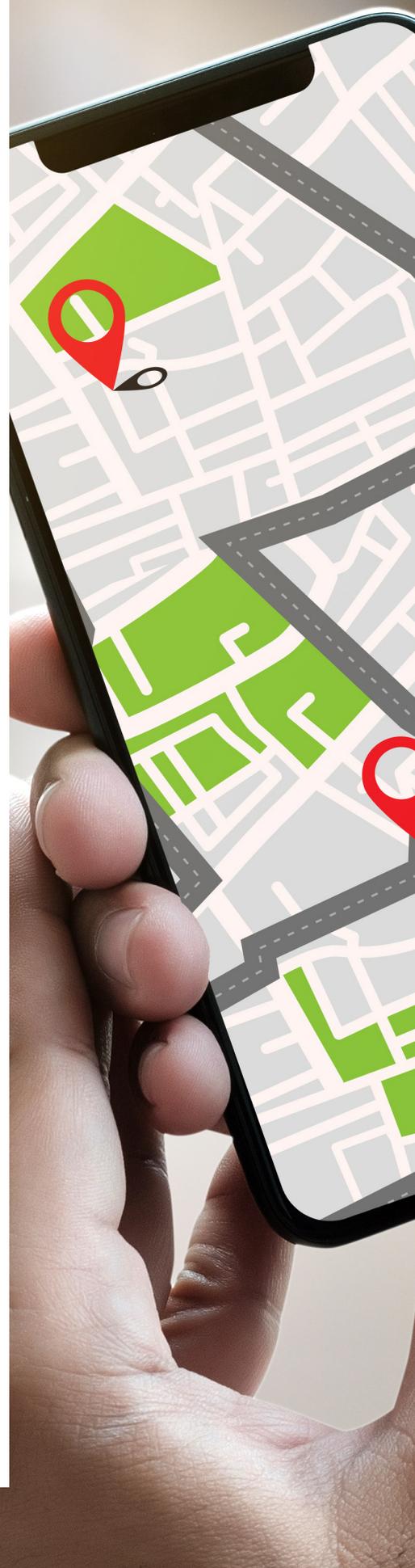
Ratby Lane, Markfield LE67 9SY (There is free parking available on-site)

### By Train:

The nearest train stations are:

- **Leicester North Train Station**  
(followed by 17 mins drive)
- **Loughborough Train Station** (followed by 20 mins)
- **Leicester Train Station** (followed by 22 mins drive )

If you'd like a lift from the nearest train station to Markfield, please send over your time of arrival and we will confirm whether this is possible.





## Meet the TYLP Autumn Retreat Team!



Dr Riza Mohammed



Omar Tikrity



Karimah Mohammed



Zara Zaheer



Zhor Boukerrou



Dr Sarah Abdelrahman



Mehak Kazmi



Dr Humaira Mahmood



Maillem Al-Rawi



Sarah Mohammed



## Event Menu

Please see details of the retreat menu. Special items will be provided for those with allergies and other dietary requirements.

Friday Dinner	Chicken curry with potatoes, boiled rice, salad
Saturday Breakfast	Boiled eggs, bread, butter, jam, beans, cereals, coffee, tea
Saturday Lunch	Veg rice, chicken curry, veg curry, samosa, salad
Saturday Dinner	Tandoori chicken, lentil soup, rice, salad
Sunday Breakfast	Boiled eggs, bread, butter, jam, beans, cereals, coffee, tea
Sunday Lunch	Fish and chips, baked beans, fresh fruit



## Event Schedule & Agenda

Please see an overview of what to expect on the retreat. A detailed timetable will be given upon arrival.

We want to make sure everyone knows when to go where, from registration all the way to closing ceremony.

### RETREAT TIMETABLE

#### FRIDAY 19TH NOV 2021

6.00pm to 6.30pm

Arrival; Registration; Check-in accommodation

6.30pm to 7.00pm

Prayer

7.00pm to 8.00pm

Dinner

8.00pm to 8.30pm

Retreat Introduction; Project Group allocation

8.30pm to 9.00pm

Keynote Lecture: Prophet Muhammad - The Changemaker

9.00pm to 10.30pm

Workshop

SATURDAY 20TH NOV 2021

6.00am to 6.30am	Wake Up; Preparation for Prayer
6.30am to 7.00am	Salaah, Quranic Reflection & Morning Dhikr (Words of remembrance)
7.00am to 8.00am	Free Time
8.00am to 9.00am	Breakfast
9.00am to 9.30am	Lecture/Discussion: How to identify real world problems and solutions
9.30am to 12.30pm	Workshops (with tea breaks)
12.30pm to 1.30pm	Lunch
1.30pm to 2.00pm	Salaah; Spiritual Reminder
2.00pm to 4.00pm	Free Time
4.00pm to 4.45pm	Salaah & Spiritual Reminder
4.45pm to 6.45pm	Workshops
6.45pm to 7.45pm	Dinner
7.45pm to 8.30pm	Preparation for Group Presentations
8.30pm to 10.30pm	Group Presentations

SUNDAY 21ST NOV 2021

6.00am to 6.30am	Wake Up; Preparation for Prayer
6.30am to 7.00am	Salaah, Quranic Reflection & Morning Dhikr (Words of remembrance)
7.00am to 8.00am	Free Time
8.00am to 9.00am	Breakfast
9.00am to 9.30am	Keynote Presentation - Your Marketing Plan
9.30am to 12.30pm	Workshops (with tea breaks)
12.30am to 1.30pm	Lunch
1.30pm to 2.00pm	Salaah; Spiritual Reminder
2.00pm to 4.00pm	Closing Session; Quiz; Prizes; Evaluation

COMPETITIONS

- ✓ Treasure Hunt
- ✓ Photography & Video
- ✓ Public Speaking
- ✓ Art Competition: The Changemaker
- ✓ Debate & Quizzes
- ✓ Best Project

## FRIDAY NIGHT

- Prophet Muhammad: The Changemaker
- Faith Inspired changemakers: Mindset, skillsets and identity
- Introduction to the non-profit world

## SATURDAY MORNING

- How to identify real world problems and solutions
- Create a value proposition - Identify Problem & Solution
- How will you succeed - An introduction to a business model

## SATURDAY AFTERNOON/EVENING

- Creating your business model
- Creating a pitch for your idea
- Pitch - Idea and Solution

## SUNDAY MORNING

- Create Your marketing Plan
- Presenting your marketing and action plan

**SATURDAY FAJR**

**SPIRITUALITY OF A FAITH-INSPIRED CHANGEMAKER - THE WHY**

'And they give food—despite their desire for it—to the poor, the orphan, and the captive, 'saying to themselves,' "We feed you only for the sake of Allah, seeking neither reward nor thanks from you. We fear from our Lord a horribly distressful Day." So Allah will deliver them from the horror of that Day, and grant them radiance and joy, and reward them for their perseverance with a Garden 'in Paradise' and 'garments of' silk.' (76:8-12)

**SATURDAY ZUHR**

**THE CHANGEMAKER 'ASR MODEL**

'By time. Indeed the human being is in a state of loss - except those who have believed and done righteous action and counsel one another to truth and counsel each other to patience.' (103:1-3)

**SATURDAY MAGHRIB**

**THE CHANGEMAKER'S DEEP CONNECTION WITH ALLAH**

'Abdullah bin 'Abbas(ra) said: One day I was riding (a horse/camel) behind the Prophet ﷺ when he said, 'Young man, I will teach you some words. Be mindful of God, and He will take care of you. Be mindful of Him, and you shall find Him at your side. If you ask, ask of God. If you need help, seek it from God. Know that if the whole world were to gather together in order to help you, they would not be able to help you except if God had written so. And if the whole world were to gather together in order to harm you, they would not harm you except if God had written so. The pens have been lifted, and the pages are dry.' (Tirmidhi)

**SUNDAY FAJR**

**THE 'WHAT' AND TOOLS OF CHANGE**

Abu Sa'id al Kudri narrates: I heard the messenger of Allah say: 'If any one of you sees something wrong, let him change it with his hand; if he cannot, then with his tongue; if he cannot, then with his heart and this is the weakest level of faith.' (Muslim)

**SUNDAY ZUHR**

**HOW THE CHANGEMAKER WINS HEARTS AND MINDS**

Abdullah ibn Salaam said that the first words of the Prophet in Madinah was: 'O people! Spread the peace, feed others and pray in the night while the sleeping; you will enter paradise with the greeting of peace.' (Tirmidhi)

# OUTDOOR ACTIVITIES



## Trek To Thornton Reservoir

A surfaced 2.5 mile track allows you to walk all the way around the reservoir and to the woodland on the north shore.

Peaceful and picturesque! We suggest to bring:

- Comfy boots or shoes
- Plenty of water/snacks
- Weather-appropriate clothes
- Suitable rucksack/bag





# FAQS

## **Who are the organisers?**

### **TYLP (Transform Your Life Program)**

TYLP is a global network of faith-inspired people. Through purpose-driven courses, mentorship and ventures, we empower everyone to become changemakers.

### **Islamic Foundation**

Based in Leicester, the Islamic Foundation is primarily a charity dedicated to research, publications, education, community support and inter-faith dialogue.

### **Evolve Academy**

Our mission is to educate young Muslims in the UK through online study circles and provide mentors for the younger generation

## **Is it mixed or segregated?**

Males & females will have separate living arrangements. Sessions and other activities will generally have separate seating in the same room.

But some activities may be gender-specific. Our participants are taught and expected to uphold Islamic values when it comes to interaction with the opposite gender.



# FAQS

## **Can I stay in my own accommodation?**

Yes! Although we provide accommodation at the Markfield's Campus, if you prefer to book your own stay nearby - that is completely fine. For more info or help, you can email us on [hello@tylp.org](mailto:hello@tylp.org).

## **Do I have to stay for the full 2 days?**

It is highly recommended that you stay for the full duration, because we want each attendee to get the best out of the retreat. But if you can only make it for two days, we will understand. However, we won't be able to lower the price. Please inform our team if you haven't already on [hello@tylp.org](mailto:hello@tylp.org).

## **Can I bring children?**

Although we love kids, unfortunately this retreat is for adults only from the ages 21+yrs.

## **Can TYLP help organise transport?**

Everyone is required to make their own way. Please see page 5 in this booklet.

We might be able to arrange a lift from the nearest train stations mentioned, but please get in touch as early as possible so we can arrange this for you.



# TESTIMONIALS

**where\_the\_daffodils\_grow** I've just returned from what I consider to be a life-changing bank holiday retreat with @tylp\_official!

I've been to many retreats over the years but I haven't been to a retreat like it before! From the content of the uber professional workbook and workshops, to the sisterhood, nothing has compared to this weekend and the bar has indeed been raised high!

@tylp\_official is a non-profit org that aims to inspire Muslim youth and young professionals (I scraped the age range by DAYS lol 🧑🏻😊) to be the best version of themselves in order to serve the community and Allah (god) with ihsan (excellence) via personal development from an Islamic view point.

This was done via workshops, debates, games, discussions as well as communal prayers and remembrance of Allah (god), being surrounded by nature and so on.

Despite being partially sleep deprived due to our early starts it was worth every minute of fatigue. I've not met a more varied group of Muslims; hijabi or non hijabi; PHD educated or non PHD educated; early twenties or mid forties everyone was just so welcoming and accepting of each other something incredibly rare these days.

Dr Riza, Br Omar and all the female volunteers were amazing (mashallah tabarakallah Allahumma barik lahum) and once again made us all feel welcome and appreciated. Thank you !



**TYLP**  
INSPIRING CHANGE

## NEXT STEPS

Please let us know if you'd like to share a room, and we can confirm allocation.

We look forward to welcoming you to the Retreat.

From the TYLP Team!



[www.tylp.org](http://www.tylp.org)



[hello@tylp.org](mailto:hello@tylp.org)



[@tylp\\_official](https://www.instagram.com/tylp_official)

Follow us on  
Instagram &  
Facebook!