

## How To Talk To Other Women About The Weekend







Woman Within UK is a grassroots organisation that is led by a group of women who offer their gifts, time and commitment voluntarily, to ensure that there is a space for women to find their own solutions and discover their power within.

So that we can reach as many women as possible, we encourage the women who have completed the Weekend to recognise who else could be ready and then to pass on their wisdom by telling those women **how their life could be different...**





## How to recognise who might benefit...

- Women who have already done some personal development work, been in therapy or counselling and are ready to grow more.
  - Women who have a good job, work hard, are in a long relationship and seem happy but want to understand all of themselves better.
  - Women growing in wisdom but curious as to why they still overreact to things that trigger old wounds.
  - Women willing to face the blocks that keep them from the life they want.
  - Women dreaming/wanting to step into their true power.
  - Women who seem independent but whose life is not built on solid foundations.
  - Women who have had a difficult childhood and are disconnected from family but yearn for connection.
  - Women who feel as an outsider and who crave a sense of belonging but find it difficult to trust others and make meaningful connections.
  - Women who have had a relationship breakdown and still hurt but want to step out of this loneliness into healthy relationships.
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## What the Weekend IS and IS NOT...

Woman Within UK is self-motivated personal development.

It is NOT therapy.

Woman Within UK is a journey within, to face difficult self-truths and limitations.

It is NOT a quick fix to get out of pain.

Woman Within UK is a community of women seeking to be their best possible self.

It is NOT exclusive nor is it judgemental.

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## Who cannot benefit from the Weekend...

- Women in deep emotional crisis.
- Women experiencing suicidal feelings.
- Women who have suffered abuse but have not yet addressed this with professional support.
- Transgender women who have not yet lived as women for a few years.

In the circumstances above, we recommend that women seek professional support before they consider the Weekend.

It is acceptable for women to attend the Weekend if they are currently in therapy but we recommend discussing this with your therapist, both when you are ready to attend and what you will work on.

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## What can you talk about...

- Your experience.
  - Your insights.
  - What you got out of your Weekend.
  - What you reclaimed for yourself.
  - What you get out of sitting in Circle.
  - What brought you to Woman Within.
  - What have you learned about yourself.
  - How your life is different since finding Woman Within UK.
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## What you can't talk about and why...

**Processes.** This is not about secrecy but to keep the mystery and unfolding of the Weekend for the women yet to come.

**Other women in the Weekend or Circle.** Respect and keep confidential other women's work and experiences.

Remember, each woman will find her **own** gold, insights and answers. What happened for you is uniquely **yours** and however much you feel you know what a woman needs and might get out of attending a Weekend – you **don't know**.

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## What the Weekend can do for women...

- Help release old patterns and painful emotions.
  - Understand how to accept and connect to self and to love yourself.
  - Recognise self-limiting beliefs for what they are.
  - Access your inner wisdom and intuition.
  - Know that you have everything you need, inside yourself.
  - Challenge growth and take risks for what you want.
  - Improve your relationships and deepen intimacy with others.
  - Gain perspective on one's life.
  - Discover and step into one's own power and confidence.
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## About Woman Within UK...

Woman Within UK is a grassroots women's organisation for women who want to be their best.

The first Woman Within Weekend® was established by Char Tosi in Wisconsin USA, in 1987. Following attendance and training, a group of women with vision and passion established Woman Within UK in 1996, to continue Char's work across Europe.

**Our mission is simple: to help women to empower themselves and be their best possible self.**

For centuries, women have gathered together to see, hear and support each other; to be held when we feel alone, challenged when we're stuck and to be loved when we believe that we aren't worthy.

Woman Within UK is a community of women who support and empower each other to be the best they can be, through the Weekend retreat and through regular Circle meetings.

Woman Within UK is led by a group of women who offer their gifts, their time and their commitment voluntarily, to ensure that there is a space for women to find their own solutions and to discover their power within.

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## Woman Within UK believes that...

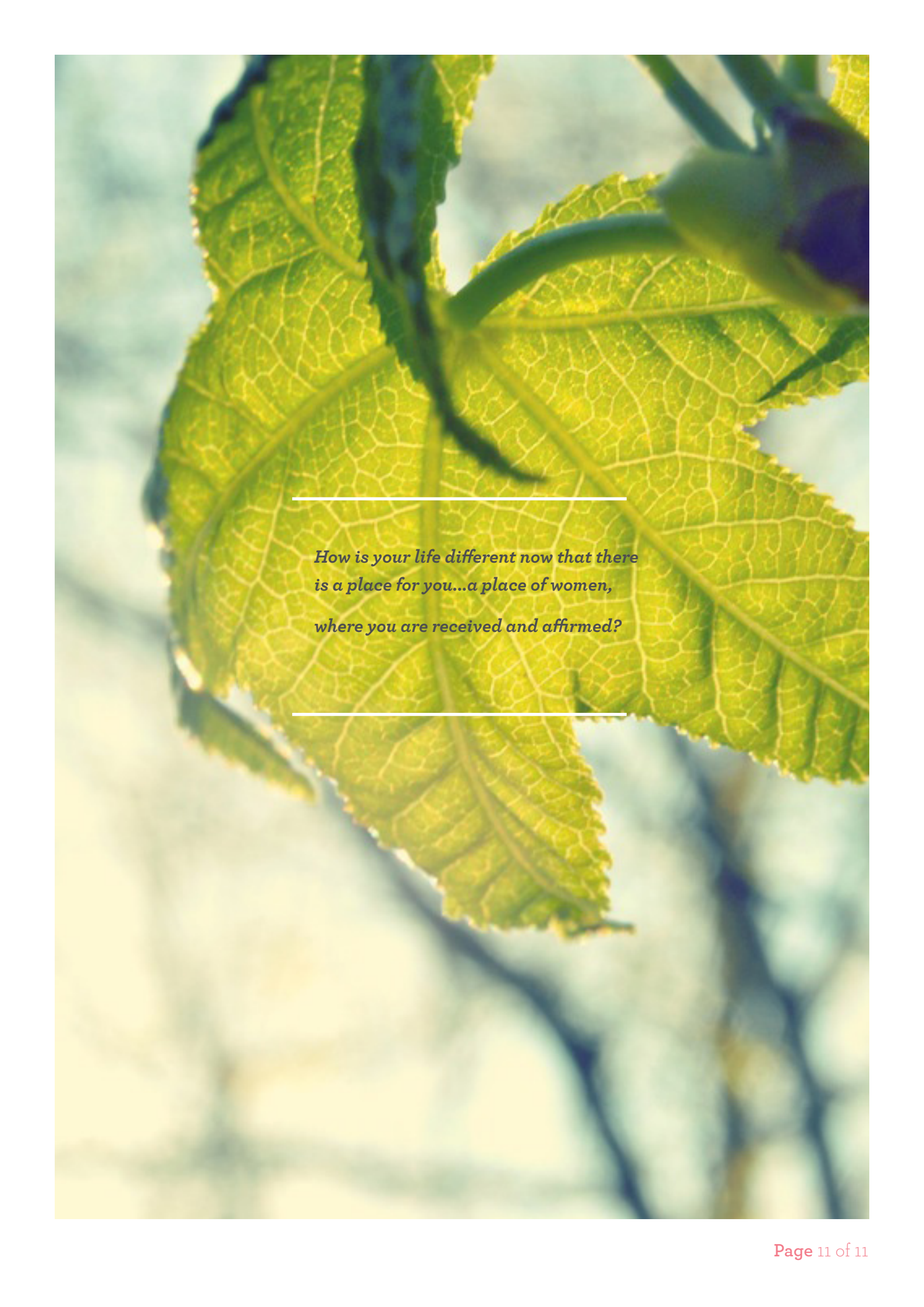
- By moving towards inner balance and wholeness, an outer balance and harmony is realised.
- Harmony reduces violence, repression and fear.
- Wholeness embraces our vulnerability, authenticity and worthiness.
- From wholeness, we recognise that love and compassion are the gateway to intimacy and the key to all relationships.
- From wholeness, we recognise that fear is simply the absence of love.

### **Woman Within UK mission**

To create a world where women know, embrace, live and lead from their truth. We do this by inspiring women to connect both with all parts of themselves and to a deep sense of their place in the world. We seek to provide opportunities for women to support transformation and growth, both within themselves and other women. Our core values reflect inclusiveness, respect and integrity.

**More than 1,000 women in the UK and 15,000 women worldwide have completed the Weekend to embrace their wholeness and to step into their own power.**

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*How is your life different now that there  
is a place for you...a place of women,  
where you are received and affirmed?*

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