

# Woman Within Authenticity Workshop

*Turn your intentions into actions*

**What is the  
Woman Within®  
Authenticity  
Workshop?**

This 1.5-day workshop uses the metaphor of Alice in Wonderland to help you envision the life you want at work, at home and in your relationships. You'll learn about real tools that can help you get there intentionally, step by step. This enlightening, motivating workshop will help you live from your *centre* rather than the *edge*.

**What will I get from it?**

- Set clear goals for the life you want
- Recognize the parts of your life that aren't in alignment with your goals and intentions
- Gain the insight to get out of your own way
- Work through concrete steps to achieve sustainable change

**Who can attend?**

There are no prerequisites for this workshop. Open to any woman over 18 years of age.

**Who will lead it?**

Dale Herink, who created this workshop, will facilitate it. Dale is a Certified Career and Life Coach, trained in the Hakomi Method of Psychotherapy; she also serves as a Weekend Leader for Woman Within Weekends around the world.

**When and where?**

- Friday (date) 6:30-10pm and Saturday (date) 9am-6pm
- (Location)

**How much will it  
cost?**

£200 (non-members) covers your workshop tuition. A £100 non-refundable deposit at least 30 days before the workshop holds your place.



**How do I register or  
who should I contact  
with any questions?**

Go to [www.womanwithin.org.uk](http://www.womanwithin.org.uk) to register or email  
[workshops@womanwithin.org.uk](mailto:workshops@womanwithin.org.uk) for more information.

