Woman Within

Circle Training

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| **What is Woman Within**® **Circle Training?**  | In our culture, there’s little time or support for women to express their innermost truth. A Circle is a safe, confidential place to speak, feel heard and to develop authentic connections with other women. Circle Training will teach you how you can benefit from being part of a Circle of women who gather regularly to offer acceptance and inspire change in one another. |
| **What will I get from it?** | * A new set of communication skills used in Woman Within Circles
* Effective tools and exercises that deepen connection and empower ourselves and others
* A community of women on a path of personal growth
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| **Who can attend?** | Any woman over 18 may attend. Completion of the Woman Within Weekend is not a prerequisite. Women who attend Circle Training can then sign up for Woman Within Circles. Please see the separate flyer for more details. |
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| **Who will lead it?** | Leader’s Name Here (something about the Leader here) |
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| **When and where?** | * Date and Time Here
* Location Here
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| **How much will it cost?** | Varies |
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| **Any prerequisites?** | Check with regional representative |
| **How do I RSVP?** | Please register online at [www.womanwithin.org.uk](http://www.womanwithin.org.uk) or email Annie on circles@womanwithin.org.uk |