

Woman Within Skills Workshop

Formerly Women Empowering Women (WEW)

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

After your Weekend, you may be full of energy and yearning to enrich your relationships from this new place. This workshop is a chance for you to take what you reclaimed at your Weekend and gain new skills to help you integrate these parts of yourself – and to support others, from a place of wholeness.

**What will I get from
it?**

- Learn how to hold boundaries and ask for what you need without shame, anger or apology
- Explore innovative Shadow techniques and practice creative facilitation skills
- Form deeper connections with yourself and others by holding yourself accountable to the gold you claimed for yourself
- Appreciate, trust and use your intuition

Who can attend?

Completion of the Woman Within Weekend is required. The Woman Within Skills Workshop is a requirement for women who want to be Nurturers or Team Leaders on the Weekend – or those who want to begin the Facilitation Track. You must be 18 years of age.

Who will lead it?

One of four leaders – Paula Alter, Alison Davis, Rhonda Gaughan, or Charlene Tosi

When and where?

- TBC (Non-residential)
- TBC

**How much will it
cost?**

Cost is £200
£100 to be paid in full at the time of registration. If you cancel, £100 will be non-refundable and non-transferable.

** Accommodation not included



How do I register?

Please register online at www.womanwithin.org.uk or contact Nadia Siouty-Burke email workshops@womanwithin.org.uk to register.

Who should I contact with any questions?

Please contact Nadia Siouty-Burke by email workshops@womanwithin.org.uk with questions.



WOMAN WITHIN
SKILLS
WORKSHOP