

# 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](http://www.womanwithin.org.uk) or contact Nadia Siouty-Burke email [workshops@womanwithin.org.uk](mailto:workshops@womanwithin.org.uk) to register.

**Who should I contact with any questions?**

Please contact Nadia Siouty-Burke by email [workshops@womanwithin.org.uk](mailto:workshops@womanwithin.org.uk) with questions.



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WORKSHOP