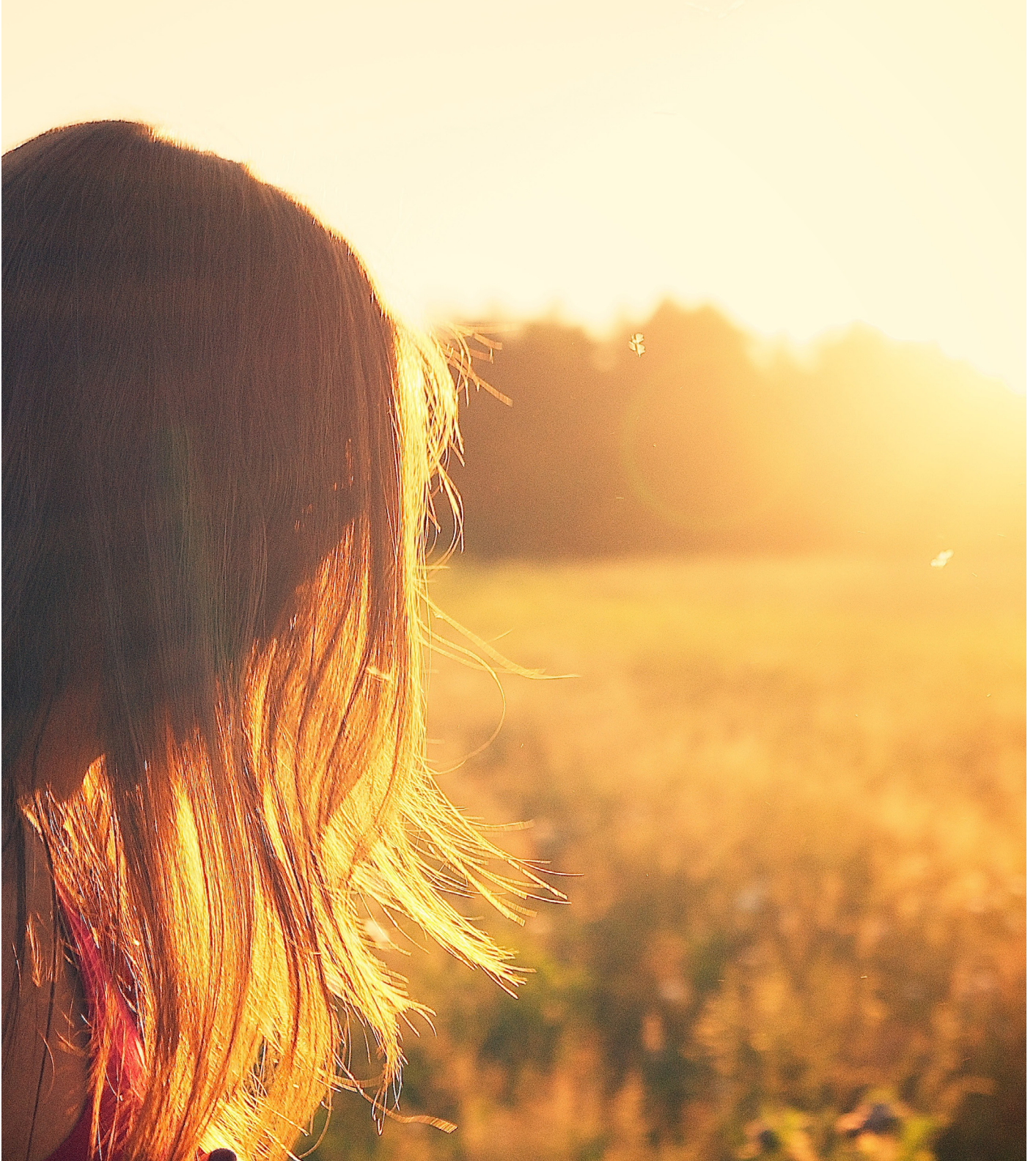


About The Weekend





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 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.





The space to find your own solutions...

Woman Within UK is for women to find their own solutions within, whilst being held in a safe, non-judgemental and supportive space.

By stepping through fear, women can **discover their power within.**

Woman Within UK offers the space for greater self-awareness to recognise self-limiting beliefs and to discover the real gifts you hold inside.

Our programmes are designed to empower women with a realisation that they can change their relationships both with self and others. When women change, they cultivate healthy relationships with others and teach children to do the same.





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.



Who can benefit from the Weekend...

- I am seeking my own wisdom.
 - I want to grow and challenge myself.
 - I want a deeper understanding of myself.
 - I am seeking acceptance for all parts of myself.
 - I want meaningful connection with others in my life.
 - I want deeper authentic friendships and relationships.
 - I want better communication and deeper intimacy with my family.
 - I know something in my life is not working and I want to change it.
 - I want to face up to old wounds and patterns that are not working for me.
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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 one year.

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.



What Woman Within UK can do for you...

- 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.
 - Help to heal past trauma.
 - Release shame and guilt.
 - Accept loss and allow yourself to grieve.
 - Access your inner wisdom and intuition.
 - Express anger cleanly.
 - Gain perspective on your life.
 - Challenge growth and to take risks for what you want.
 - Learn to be heard and ask for what you need.
 - Help to create better boundaries.
 - Improve your relationships and deepen intimacy with others.
 - Live a life maintaining your values.
 - Know that you have everything you need inside of yourself.
 - Step into your power and confidence.
-



Are you ready to attend the Weekend?

- You have already done personal development work or have been in therapy, and you are now ready to grow and accept all parts of yourself.
 - You have a rewarding job, a rewarding relationship and you feel happy, but want to understand more of yourself.
 - You have a level of wisdom but want to understand why you still react to old wounds.
 - You had a difficult childhood and were disconnected from your family but you now yearn for connection.
 - You want to step out of loneliness and loss from a relationship breakdown.
 - You are willing to face the blocks that keep you from the life you want.
 - You feel independent but your life is not built on a solid foundation.
 - You want to forge meaningful and deeper connections and trust others.
 - You want to form healthy relationships.
 - You dream of stepping into your power.
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Are you ready to take a journey inside?

The journey within offers the opportunity to reconnect with your inner wisdom that knows what is right for you.

The Weekend is a space for you to find your own solutions, to discover greater self-awareness and to discover the gifts which you hold inside.

Woman Within UK is NOT therapy, nor is it a quick fix to get out of pain.





What is involved in the Weekend?

What unfolds is intensive and every woman's experience is different.

Based on 25 years' practice around the world, the Weekend is a series of experiential activities, guided meditations and focused individual and group exercises. The Weekend is designed to help you break old patterns, to heal deep wounds and to reclaim your power.

Experienced Facilitators lead the Weekend, together with 25-30 trained staff volunteers who have all completed their own Weekend. There is at least one staff member per participant, to ensure support for you to do your work.

The Weekend runs from 6pm Friday to 4pm Sunday and is a residential retreat at a peaceful country location.

Any woman over the age of 18 may attend.



The 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.



*How might your
life be different?*
