

# The Spirit of Us



## Workshops for Women

*“Quieten the mind and  
the soul will speak”*

### Our workshops will:

- Give women space and time to connect, reflect, dream, and plan.
- Encourage them to listen to their body, emotions, mind and spirit.
- In gentle and creative ways, inspire them to draw on and build their resources and supports, alongside other women.

**Tell me more!** We come to your group, and lead you in a workshop that is enjoyable and enlightening. Gather together your women’s group or a group of friends. Workshops can be from 2 hours to all day, and tailored to suit your needs. The cost of a 2 hour workshop is just \$10 per person.

### Topics include:

- *Coming home to self* - connecting and listening to ourselves.
- *The tree of life* - what grounds us and makes us strong. What are our gifts to the world, and our dreams for the future?
- *Growing faith and building hope*
- *Tied up in knots*- dealing with anxiety
- *The inner critic* - exploring and working with our own resistances
- *Songs of our lives* - finding wisdom through the songs that speak to us.
- Don’t see what you need? Talk with us about a special topic.

We have a background in counselling, social work and the arts, but more importantly, we are women who want to live, love, learn, and laugh - and to do that together.



**Contact us:** via **Phone:** 0400 123 399 **Email:** connect@thespiritofus or the **Website:** thespiritofus.com *Looking forward to meeting you! Regards , Jo and Sarah*