

The Spirit of Us



Workshops for Women

Do Something Different!

**Gather together your friends
for a creative, fun-filled time.**

Tell me more! We come to you, and lead you in a workshop that is creative, fun and insightful. Women often tell us they are surprised at how much fun they have, and yet how much they learn.

Gather together your women's group or a group of friends. Workshops can be from 2 hours to all day. . The cost of a 2 hour workshop is just \$15 per person.

We have an extensive range of themes to choose from, or we can work with you on one of your choice.

Our background is in counselling, social work and the arts, but more importantly, we are women like you who want to live, love, learn, laugh and thrive - 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

