

The Spirit of Us



Workshops for Women

The Tree of Life

Women thrive when we create and connect.

Our Tree of Life workshops:

- Give women space and time to connect, reflect, dream, and plan.
- Encourage them to listen to their body, emotions, mind and spirit.
- Inspire them to draw on and build their resources and supports.

Using the metaphor of a tree, we explore what grounds us and supports us, what strengthens and nurtures us, how we use our gifts and give out to the world, and our hope and dreams.

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.

Workshops can be from 2 hours to all day. The cost of a 2 hour workshop is just \$15 per person.



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

Regards , Jo and Sarah