

# The Spirit of Us

## Workshops for Women

### TREE

#### KEY FOCUS: Life Metaphor



The Tree of Life is a wonderful metaphor for a thriving life.

#### In this workshop:

- Explore what grounds you
- Find your strengths and supports.
- Celebrate your gifts, hopes and dreams

Trees are essential to our survival, and there is so much to be learnt from them. Using the tree as our metaphor, we explore what grounds us and nourishes us (our roots). We look at what strengthens and supports us (the trunk), and joyfully claim our hopes, dreams, gifts and what we give out to the world (the leaves).

In this workshop, we use art, music and movement to help us celebrate who we are, and find practical tools and resources for living our best life.

**Tell me more!** We come to you, and using art, music, and movement, we lead you in a creative workshop that is enjoyable and enlightening. Workshops can be from 2 hours, to all day, and tailored to suit your needs. The cost of a 2 hour workshop is just \$15 per person.

**So gather your women's group or friends** and book a session.

We have a background in counselling, social work, and the arts. More importantly, we are women like you, who want to live, love, learn, laugh, and thrive – together.

**Pricing** - For a 2 hour workshop, pricing starts from just \$15 per person.

For further enquiries or a custom quote, contact us:

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