

Workshops for Women

WEAVE

KEY FOCUS: Building Strengths



What makes us strong? What nourishes us, and enables us to build support, resilience, and courage in our lives?

In this workshop:

- Discover strengths you already have.
- Build supports and resources
- Learn to be both strong and flexible

Much of life requires us to be strong - for ourselves and for those we care about. How do we build the strengths, supports and resources we need? How do we do this whilst still staying flexible, open and soft?

In this workshop, we take a joyful journey of exploration and celebration as we discover the sources of strength in our lives. We use sticks, yarns, feathers and natural materials to create a stick weaving - a visual symbol of the strengths we have. Music and movement help open our hearts.

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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