

Authentically You - Women's Group

Personal development Workshop | Course leader Izzy Pope

In the words of Dolly Parton 'It is your lifetime's work to discover who you are and do it on purpose'.

Self-discovery and acceptance are essential in living a satisfying life. In working on deepening our acceptance of who we are, we empower ourselves to make choices that truly fit for us. In this new women's group, we will look at how we are, who we are, and how we know this.

Looking at ourselves and others together is an enlightening process: we discover who we are alone and how we are received by others.

We will look at themes such as self-esteem, self-care, anger, our relationship to food and our bodies, anxiety, sexuality and the social roles we play as women, as well as themes we bring ourselves.

How to book

For further details of the group please contact Izzy Pope.

Dates for 2019

Dates 2019 – The group will meet fortnightly on Saturday morning from 9.30am-12.30pm and one full Saturday, 9.30am-4.30pm per term. There is a minimum commitment of two terms and a maximum of 8 participants.

Autumn Term

September 9, 23, October 7, 21, November 4, 18, December 2, 16 and one Saturday, October 12.

Price

For cost of the group and payment details please contact Izzy Pope on 07958310019.

