

Friend or Foe: A residential weekend workshop for women

Personal development | Course leaders: Lotta Kitchen, Lora Wignall and guest leader Pom Eaton

How we talk and relate to ourselves can have a profound effect on our wellbeing and sense of self. Many of us have an internal critic that may shame or judge us for who we are and what we do. Habitually undermining ourselves through mean and negative thought patterns, diminishes our sense of optimism, self worth and our capacity for self actualisation.

In this workshop we will explore our relationship to the inner critic, the foe, through personal reflection, group work, creative, formative and somatic expression. We will develop our understanding of how we are with ourselves and how to change our experience to one that is more satisfying.

A residential workshop is a unique and often profound experience, where within a safe and supportive environment the group can be a catalyst for sharing, participating, learning and growing.

The workshop will be held at Gayles retreat centre, located on the South Downs, five miles from Eastbourne.

Dates 2019

Friday, March 15, 6pm until Sunday, March 17, 3pm, 2019.

Price

The cost is £405 which includes all meals and accommodation.

How to book

To book a place or to find out more please contact Lotta Kitchen on 07764 760931 or Lora Wignall on 07742 809979.

