



Personal development workshops.

Attending a workshop can often provide powerful understanding of our experiences. The opportunity to work with other people who are experiencing their own struggles can be an enriching and healing process. The aim of our work is to give people the opportunity to address the sometimes obvious but often subtle blocks that stand in the way of experiencing a deeper relationship with themselves and their lives.

The containment and safety of people during a workshop is of vital importance and all work is facilitated by Stuart and Gill. The clients own journey and readiness to tackle difficulties is honoured and respected and no one is forced into anything they are not ready to do. At the same time gentle and supportive encouragement can sometimes be of benefit when faced with fears around change.

We can often find ourselves trying to understand and make sense of different parts of ourselves, different imprints and messages we hold and sometimes just complex thoughts and feelings. This is often done in relation to the people who are around us. Experiential therapy provides a way in which these experiences and our responses to them can be examined. In this process it is possible to creatively find a means by which hidden meanings and messages can be identified and resolved.

It is our aim with the group to create a trusting and safe environment in which people are honoured and respected in the work they choose to do and the pace they work at. The work is begun with a period of safety and trust building where people are allowed time to become familiar and comfortable with the working process. This period often leads into more intensive work where individuals are able to look at the experiences they bring. In the recreating of these events, alternative possibilities can be represented from which resolution can emerge and worked towards. The last stage is about integration and the creating of a new perspective.