



Passage to Power Workshop

At the end of this workshop you will:

- * Have a clearer understanding of your story and it's impact
- * Have processed and reframed some of your trauma
- * Understand your strengths and how they can work for you
- * Have a clearer insight into what the path forward may look like
- * Feel connected and empowered

WORKSHOP OUTLINE

DAY 1

4-5pm

Arrive at Women's Healing Sanctuary, settle in, get to know your way around Womens Healing Sanctuary, and meet your fellow workshop participants.

4.30-6.30

Pre-dinner drinks and catch up/get to know each other

6.30pm

Dinner and 'ice breaker' with Philipa

DAY 2

Breakfast in bed

10 - 10.45

Group meets in the Studio and begins The Mountain Journey

10.45 - 12.30

Managing fear & understanding your truth

12.30- 1.30

LUNCH

1.30 - 3.15

Managing fear & understanding your truth....continued

3.15 - 3.30

Afternoon tea - self care break

3.30 - 4.30

Group process

6.00 - 7.00

DINNER

DAY 3

Breakfast in bed

10 - 12.30

Mourning and Letting Go

12.30 - 1.30

LUNCH

1.30 - 3.15

Mourning and Letting Go....continued

3.15 - 3.30

Afternoon tea - self care break

3.30 - 5.00

Group process

6.00 - 7.00

DINNER

DAY 4

Breakfast in Bed

10 - 12.30

Powerlessness vs empowerment

Reimagining ourselves - completing The Mountain Journey

Q&A

Meditation with Philipa

12.30 - 1.30

Light LUNCH

Good-byes and Departure