



Resilient Living

Where do I go from here?
Saturday 19th May

How have personal experiences shaped you? What have you learned from them? This workshop will give time to explore what new doors opened through difficult times to see how life events have contributed to building up natural, innate and personal resiliencies.

This workshop offers a space to ask the questions that our usual busy everyday selves find hard to allow time for. The question of resilience is ongoing, and arises from the very core of who we are and what our unique and individual biographies have given rise to. Working with our biographies in this way, we connect with the intimate and personal themes that belong to us making them available for our work and in our relationships. We will use creative exercises and conversation. All materials provided. There are cafes nearby for lunch.

Email to book your place by the 4th May, places secured with a £20 deposit.
Cost: £65/£55

“Jane and Pauline created a supportive space where I felt compassionate towards myself and others”

Co-facilitated by Jane Chase and Pauline Marksteiner, both experienced biographical counsellors with many years of experience working with individuals and groups.

See www.biographicalcounselling.net

Venue: Rudolf Steiner House
35 Park Rd, Marylebone,
London NW1

Booking: Jane Chase
07794 910 749
janechase29@gmail.com