

The Mastery of Self-Expression in Bristol

Newsletter Autumn 2023



Hello and welcome to our autumn newsletter!

Do you have unfulfilled dreams or projects or feel you hold yourself back from living fully? Do you lack confidence to be yourself or simply have a niggling feeling of missing something? Are you looking for greater freedom in your creative expression?

...If any of these is true for you, then we warmly invite you to join us at the **forthcoming Mastery of Self Expression workshop** in Bristol this November.

What might you get from 'The Mastery' workshop?

This exhilarating weekend workshop originated in the world of acting and offers the chance to experience yourself fully as the amazing, creative being you are, beyond self-imposed limits or blocks. It provides a place of safety in which to risk **'showing up'** fully and whole-heartedly, to try out those parts of yourself that you normally hide or think would shock people; to play with possibilities and dare to express what you really want. It's a heady and inspiring experience which can be a catalyst for real change, giving you a special kind of confidence and allowing your unfulfilled ambitions to take flight.

The Mastery workshop has been running continuously around the world since its creation by Dan Fauci in the late 1970s and many thousands of people have benefited from it.

Won't you join us?

"I've always felt I had to do things because they were expected of me, or more important, to make people like me. The hell with it! I think from now on I'm going to just be me — rich or poor, good or bad, rational or irrational, logical or illogical, famous or infamous."

— Carl R. Rogers

"The weekend I did my Mastery I can safely say was the most playful, exhilarating, exciting, challenging weekend in my entire adult life."

- Mastery workshop participant

When and where?

Date: Fri 10th Nov at 5.30pm to Sun 12th Nov at 7.30pm, with late evening finishes on the Fri and Sat.

Location: Factory 8, Bristol BS3 1QZ, UK.

Facilitators: Ranjit Krishnamma and Jan Castle

Cost: 'Early-bird' fee: £196 if paid by Oct 12th or £245 thereafter.

Want to find out more?

See the website: <http://www.interactive-consultancies.co.uk/workshops/mastery.htm>

Or **get in touch** for **Taster events** or an informal chat.

Hoping to see you at the next workshop.

Warm wishes

Jan

NB if you've already attended The Mastery, you're very welcome to retake. And feel free to forward this newsletter to anyone else you think might be interested.

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You are receiving this newsletter because you attended or enquired about Mastery or Selves workshops in Bristol.

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