



## Welcome to the Winter 2021 newsletter from The Mastery of Self Expression in Bristol

...bringing you news of **3 live workshops**:

- **The Space workshop** (next step after The Mastery) in early February: book now for 'Early-bird' rate
- **Selves in Action** in April.
- **The Mastery of Self Expression** planned for May/June: you're welcome to repeat - get in touch to help fix the date.

We'd love to welcome you to one of these events to play, express, explore, grow, and surprise yourself with what you're capable of.

Read on for details....

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### **The Space workshop:**

#### **Take charge of your own creative self-expression**

If you loved the Mastery of Self Expression but went away thinking: *'How on earth did that happen?!*' then The Space workshop is for you. It will give you the skills and insights to help you be yourself more fully in everyday life - and inspire others to do the same.

At The Mastery it can seem like magic when participants express what they most want, 'showing up' as their whole selves. **At The Space workshop we demystify that magic**, exploring how *everyone* can be leaders of their own – and other peoples' - creative process.

**The Space offers** a mix of familiar processes such as performing a piece and stimulating new exercises. But this time we explore it all from a leadership perspective, including everyone 'sitting in the leaders chair' to facilitate each other. Throughout the workshop you will grow your intuition and hone your creative leadership skills. It's an energising, empowering and enjoyable experience in the company of like-minded fellow travellers and with the safe guidance of the workshop leaders.

**Previous participants of The Space workshop said:**

*"Brilliant weekend"*

*"Thoroughly enjoyed and thrived at this level of working"*

*"I learned how important it is to take responsibility for yourself and the results you want"*

*"Exceptional leadership."*

**Details**

**Feb 5-6th** in Bristol BS2 9XB, UK, lead by Ranjit Krishnamma, Adrian Longstaffe and Jan Castle.

**Book now for 'Early bird' price: £160 until Dec 17th** (then rises to full price: £200) - please get in touch with Jan jancastleuk@hotmail.com 07896 343981 or see: <http://www.interactive-consultancies.co.uk/workshops/thespace.htm>

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**"Selves..." is back!**

**Who's in charge?**

Do you sometimes feel that you are made up of a bunch of quarrelling bits of yourself all of which have different agendas and which try to take charge in your life.

Do you have a Mr Nasty? Is there an ultra-romantic part of you that constantly has you in trouble? I'm certain that you have an inner critic.

There will be other bits of you who are very young and very vulnerable and need protecting.

So, where is the conductor of this orchestra – the responsible adult?

**The workshop 'Selves in Action'** – created and led by Mastery leader Adrian Longstaffe and conducted along similar lines to the Mastery will give you a clear

picture of the different bits of yourself, where the conflicts exist, what bits of you got abandoned and what resources you might not know you have.

In addition there may be the opportunity to heal some of the wounded or abandoned bits. Although quieter and more intimate than the Mastery 'Selves' can be deeply moving and life changing.

*"I feel that I have shifted from believing that there is something wrong with me, to seeing the usefulness in my different aspects."*

**Next Bristol date** is Saturday/Sunday 9th and 10th April 2022 – numbers are limited to 6 so contact **Adrian ASAP** to reserve a place. (Adrian@interactive-consultancies.co.uk or 07909584613)

**Find out more on** <http://www.interactive-consultancies.co.uk/workshops/selves.htm>

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## **DATES FOR YOUR DIARY**

**The Space workshop: Feb 5-6<sup>th</sup>**

**Selves in Action: April 9-10<sup>th</sup>**

**The Mastery of Self Expression: planned for May/June.** Graduates welcome to repeat the workshop; get in touch to express your interest and register dates you could attend.

Have a wonderful Christmas and end of year!

Love,

Jan

**Jan Castle, The Mastery of Self Expression workshops in Bristol, UK**

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More info on: <http://www.interactive-consultancies.co.uk/workshops/workshops.htm>

***Please feel free to copy this newsletter to anyone you think might be interested.***

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