



Welcome to our Winter 2020 newsletter!

Hello All

Hope this finds you well and looking forward to Spring which is visible everywhere despite the storms. And if you're in the southern hemisphere - say hello to the sun from us!

After a memorable Mastery workshop in November, we're looking ahead to some great workshops in 2020:

- > **The Space (Mastery follow-up workshop): June 6th-7th** - details below....
 - > **Mastery of Self Expression: Dec 4-6th:** Repeaters welcome and please tell your friends about it.
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The Space workshop, June 6-7th

"The highlight of my year!" - participant on The Space

- Done 'The Mastery of Self-Expression' workshop and now want more?
- Ready to get into the driving seat of your own creative self-expression?
- Interested in how you can help others do the same?

On the Mastery workshop you probably had an experience of stepping into your free, creative self, perhaps surprising yourself with what you were capable of. And for sure you witnessed the wonderful messiness of others daring to do the same.

Out in everyday life, though, it can be more difficult to access and express that authentic version of yourself. **It can feel frustrating....**

So if you're curious to discover what it is about the Mastery workshop that helped you and others have that experience, and **how you can access that more readily** in all situations, then come join us at 'The Space' in June.

This inspiring and fun 2-day workshop will give you a greater awareness of how you and others can 'show up' with freedom and passion. Using the basic format of The Mastery workshop plus new exercises, you will **get under the skin** of what actually supports you in manifesting your authentic self. The Space also offers you the unique opportunity to sit in the leader's chair and guide others as they explore and express themselves, so acquiring skills in creative facilitation.

You don't have to already work with others to attend the Space workshop, but if you do, participants tell us it's a wonderful place to focus on yourself for a change and get loads of support in a warm collegial atmosphere.

The Space workshop is open only to Mastery graduates; this is our 5th year of what is a truly memorable weekend. First-timers and repeaters are most welcome!

The Space workshop takes place on: Sat June 6th and Sun June 7th in Bristol BS3 1QZ

Facilitators: Adrian Longstaffe, Ranjit Krishnamma, Sam Chittenden, Jan Castle

Cost: Full fee £200. *Early bird fee £160 if paid in full by 8th May*

More details and booking form: <http://www.interactive-consultancies.co.uk/workshops/thespace.htm>

Or get in touch with Jan 07896 343981 jancastleuk@hotmail.com

Places limited so don't delay!

Mastery 'graduates' are also welcome at the next Mastery - many of you repeat the workshop multiple times, exploring new themes and deepening old ones.

Mastery of Self Expression workshop

Date: Dec 4-6th in Bristol

Taster evenings on June 9th, Nov 4th. Come along and bring your friends!

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

or contact Jan Castle 07896 343981, jancastleuk@hotmail.com

Really hope to see you at an event this year!

With warm wishes,

Jan

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

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