

UGWA WORKSHOP SUMMARIES

Jo Johnston

Turning Memories into Memoirs

Recent events have turned a key inside you. The realisation that you only have one earthly life is loud and clear BUT you also realise that as lives go yours is pretty darn interesting! You've learnt a few things and have some wisdom to share. There's a relentless niggler, but what to do about it? The mere thought of writing a memoir fills you with fear and overwhelm. You've not written anything remotely creative in years, and there's decades of memories so where would you even start? Fear not. There is a way through the maze. Jo has created a step-by-step process which helps you unpack your memories and sort them into a useful framework from which to create your memoir. You'll be surprised just how simple this is and how much writing you get done. Build confidence and ease whilst your story unfolds before your eyes.

Linda Willow Roberts

How to become a magical manifesting magnet

Linda Willow Roberts is an International Speaker, Certified Medium, Spiritual Teacher, Psychic, Clairvoyant, Certified Angel Intuitive, Reiki Master, Theta Healer, Psychometry expert, Author and Spiritual Adventurer. Known as "The Manifestor".

Linda will use her 5 step approach, you'll feel free,an empowered as you start thinking in an unlimited way. Working to identify areas that the audience needs to address, she brings forth your natural talents to help and assist everyone in manifesting the life you most desire, whether it is for your personal life or work life she will engage the Universe build that link and teach you to partner with spirit and turn you into a "Magical Manifesting Magnet,"for your highest good.

Jessica Ritchie

Making Your Mark

As we edge towards the end of the calendar year (who can believe it?!), it is time to invest in yourself personally and professionally to reflect on 2023 and your big vision for 2024.

Jessica Ritchie, a Brand Expert, Speaker and international award-winning best-selling author, who is known for my vulnerable and 'warts and all' storytelling to build authentic connections with heart-led women.

In this workshop, you will:

- *Uncover the 12 steps of how to gain clarity to discover your vision, be your best self and leave a legacy
- *Discover what it means to Make Your Mark and why it's important
- *Vision board your next 12 months
- *Walk away with a tangible Make Your Mark Mastery Indicator so that you have actionable steps to implement immediately after the workshop.

Amanda Freeman

The Myth of the Perfect Woman

In this workshop Amanda will share with you how you can let go of the 'shoulds' in life and work - and reclaim your clarity, confidence and intuition. She will tell her own story of how she has used healing and mindset tools and strategies to manage challenging times and come back to her true self, time and time again. She will share some of these simple yet powerful strategies with you! She will also share with you the social constraints that force women to move away from their true selves, and what to do instead. The session will finish with a beautiful guided visualisation to support you to connect with your intuition and let go of all that is no longer serving you - so you can leave feeling calm, connected and grounded as you continue your journey throughout the retreat! You will also find Amanda in our healing hub for Reiki and Intuitive Mentoring Sessions.

Kerryn Slater

Sacred Self Activation Workshop

Join Kerryn as she guides you through a sacred activation to awaken you in remembering your true authentic sacred self.

As a highly qualified meditation teacher, Kerryn will skillfully and masterfully hold sacred space for you to explore and connect to the essence of your divine sacred self.

Kerryn will be working with Sacred Geometric Temples channelled and created by Devahnah Ellandria to aid you in opening to the divine guidance that comes from your sacred higher self.

When you align with the wisdom of your sacred higher self, your life becomes one led by your divine intuition. Kerryn also includes Theta healing downloads that further awaken you to the magic of your divine intuition as you embody your sacred self."

Christine Farnham

Clearing limiting Beliefs

Are you where you want to be in life? What about how your body feels? How do you feel in your body? Your relationships? Family, romantic, work? What is your relationship with money like?

What does success for you look like? Maybe you have a fear this?

In this workshop Christine uses a combination of Intuitive Energetic healing tools, including the ThetaHealing® technique and meditation processes, to show you how you can identify and let go of the limiting beliefs that can be holding you back and keep you in repeating patterns.

Even those who are most successful and on purpose have moments of feeling stuck, overwhelmed, and lost in amongst bringing their vision to fruition. It's natural, so be ready to let go of any fear or judgment... this is a safe space to be real and uncover your ultimate zest for the life you are choosing to create. Clarity is a game changer. When you have clarity your energy enhances, your productivity goes up and it's hard for anything to hold you back.

Leave this workshop feeling confident in your direction, how to set clear boundaries, and be comfortable to put yourself first to achieve the dream you have set for yourself.

Jennie Linton

Behind the Story is the Truth

There's the story you've been told, the story you believe and then there's the truth.

Together we will learn how to find the hard evidence to that proves beyond any doubt the qualities that make you shine.

We will seek out the truth, the facts that cannot be denied, the evidence that will kick the negative thoughts, the self-doubt and the "I am not good enough" to the kerb for good.

Learn the skills to build self-belief and deep authentic pride in who you are. Discover what makes you beautiful, just as you are.

Kate Chapman

Playdate with Kate

Time to Play! When was the last time you Played? Without a child present? Does the idea of Playing feel uncomfortable to you? Do you love to Play more than anything in the world? If you are still reading, then this is the workshop for you. Come have a Playdate with Broadway veteran, Kate Chapman. She offers a magical world of Play unlike you've ever experienced before. But first, Kate will explain the mind/body/spirit necessity of Play and the importance of the task at hand! But, seriously, what's to follow will produce laughter, smiles, frivolity, and some incredible rejuvenation for the soul. Kate will provide the structure, the support, the instruction, and offer ideas for how to implement Playtime each and every day. Women are Playful at heart. Playing is the way to amazing discoveries. It's time for some serious fun and exploration!

Irina Castellano

Women's Ways of dealing with trauma

Irina is our inhouse trauma expert and as a Certified Coach Irina would love for women to find their 'new' meaning in life, their true purpose. Especially keen on helping women in 'midlife crisis' where kids are off to high school and more independent; when mum finally gets more time to look after her own needs. Figuring out what her new passion is for the future. " She will link this back to how we respond to everyday responses because of 'stuff' from the past.

Maggie Sarfo

Self Transformation Through Innate Wisdom

Maggie will lead you through this fun, inspirational and practical workshop for everyone looking to:

- expand their innate wisdom in the personal growth, mindfulness, self healing and conscious transformation world -
- create balance emotionally, physically and mentally so they can experience better relationships, families, careers, businesses etc.
- experience moments of bliss, self connection and allowing for everyday living

Enjoy: meditation, self healing exercises, interactive conversations, Akashic Records* discussions, music and much more!

Tanya Levy

Creating freedom by Managing Your Stress

Tanya will teach you how to Address Your Stress. We live in a busy world and we find we are confronted with stress all the time. In this workshop you will learn the effect that stress has on your body, mind and energy and learn useful tools to reduce and release stress from your life.

Tanya will empower you in this workshop with the skill of goal setting. In this workshop you will understand how to communicate with yourself, your subconscious mind and the universe to define, set and achieve your goals in life. Learn to take back the reins of your life. You are a co-creator. With the right application you can turn your dreams into reality. We will look at the main areas of your life . Health, finances, relationships, purpose and jobs. Learn to create a balanced life . Love your dream .

Tracey Minster

Inspired by Nature: An Introduction to Botanical Gel Plate Printing

In Tracey's workshop 'Inspired by Nature: An Introduction to Botanical Gel Plate Printing' Tracey will take you on an art journey with a difference - the world of printing with botanicals.

Participants will be introduced to the art of creating monoprints on a gelatin (gel) plate using acrylic paints. Whilst there are many ways to create prints on gel plates, we will use botanical materials (leaves and grasses) to create beautiful translucent multi-layered prints. We will also discuss alternative materials that can be used to make prints, and how to make your own gelatin plate at home.

Marina Garbuio

How to be true to yourself through a sea of manipulation

Marina will show you in her workshop how everyone has an amazing story to tell. So how do you gain confidence to tell your story with integrity and authenticity? How do you not be afraid of sharing your valuable story? How do you intuitively navigate through a sea of manipulation? And how do you use intuition to take control of your life and to speak your truth.