

WOMEN & RELATIONSHIPS

A ONE DAY WORKSHOP in STORTH, MILNTHORPE,
near Kendal, Cumbria with Delcia McNeil



- ❖ *Are you single and wish you were in a relationship?*
- ❖ *Do you wonder if you will ever meet the right person?*
- ❖ *Are you in a relationship but are struggling to make it work?*
- ❖ *Have you had painful relationship experiences in the past and don't really know if you want a relationship or not?*

These are just a few of the questions that we will explore on this one day workshop.

There are no quick fixes to these issues but beginning to talk about them in a safe, supportive and secure environment is a real first step in bringing about the changes needed to make life work better.

On this workshop you will have the opportunity to explore what it is you really want, what actually goes into making a close, intimate relationship work, how our backgrounds and early experiences unconsciously affect the choices we make in the present, the importance of effective communication, sexuality, and how power and control is a part of being in relationship.

This workshop is for 6 women and will meet at Delcia's house in Storth, where she runs her private therapy practice. The fee is £60 with a deposit of £20 to secure your place.

Delcia has over twenty years experience of running women's groups. She is a qualified and experienced psychotherapist as well as being an energy healer with an interest in the spiritual as well as the down to earth practicalities of being human and being a woman. She is author of the book Bodywork Therapies for Women. She is also an experienced couple's therapist. She is once divorced and has now been married for 20 years having lived with her second husband for four years before marrying for the second time.

Two dates for two separate workshops have been scheduled for 2012:

Saturday February 11

Saturday April 28

Registration at 10am for 10.30am start; finish 4.30pm

Let Delcia know which date you are choosing; contact her at

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