



The Becoming Journey

Open Programme – September 2021

Date	Duration	Title
Tuesday 7 September	90 mins	Launch This will be a relatively informal call, giving you a chance to get to know the other women on the journey, and learn how to get the most from the programme.
Tuesday 14 September	2hrs	Session 1: Who am I? Knowing your starting point is essential for any journey planning. In this first module you'll learn how you make sense of and respond emotionally to situations, building the basic skill of perspective taking.
Tuesday 21 September	2hrs	Session 2: Dropping the struggle When the storms of life come along, we can drop anchor and let the winds blow until the storm passes. In the second module you'll learn how to be more present to your emotions and to your life, and to hold things a little more lightly.
Tuesday 28 September	1hr	Circle Becoming Circles are small, intimate, groups of women, spending time together sharing, challenging and supporting each other on their Becoming Journey. They are your safe space to explore challenges, ask questions, share thoughts and ideas and generally get the support you need on your learning journey.
Tuesday 5 October	2hrs	Session 3: Finding a companion No journey should be taken alone. Finding someone to walk the journey with you and to trust in your own insight and mentoring ability are the lessons from the third session.
Tuesday 12 October	2hrs	Session 4: Finding your voice By working on your breath, posture, voice and language this module teaches you how to find your voice so you can be focused, communicate clearly and listen well. You'll then find that from this centred position you can be generous and those around you are generous in return.
Tuesday 19 October	1hr	Circle Becoming Circles are small, intimate, groups of women, spending time together sharing, challenging and supporting each other on their Becoming Journey. They are your safe space to explore challenges, ask questions, share thoughts and ideas and generally get the support you need on your learning journey.
Tuesday 2 November	2hrs	Session 5: Fighting the demons We easily own the qualities that we like in ourselves, but disown those parts that are hidden in our shadow. This module challenges you to claim the parts of you that you find hard to see, so that you can start to grow into who you are.
Tuesday 9 November	2hrs	Session 6: Discerning my story It's normal to wish our history was different, but we each have a choice to take the life we have lived and make something new from the pieces. This session helps you to value yourself, understand your boundaries and choose the story of your life.
Tuesday 16 November	1hr	Circle Becoming Circles are small, intimate, groups of women, spending time together sharing, challenging and supporting each other on their



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Tuesday 23 November	2hrs	Session 7: Claiming your wisdom Being alive means living out your purpose. In this module you'll become clear about what's important to you, find your "who" centre and learn how to make use of what leads to life.
Tuesday 30 November	2hrs	Session 8: Creating the ripples You have wisdom to be shared. Part of the journey to know what wisdom needs to be passed on to other generations. You'll identify how you can create a ripple in your home, your job, and your community that will leave the world in a better place.