

From Shame & Loathing to Courage & Acceptance

“Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging.” Brené Brown

Open Floor Weekend Workshop
with Caitríona Nic Ghiollaphádraig

Shame is a profoundly debilitating emotion. It drives our fears of not being good enough, not belonging, not being loveable for who we are. In this workshop we will begin the process of examining our struggles with shame & learn valuable tools to support us to become our best most authentic selves.

We will explore shame & resilience with humour, vulnerability & honesty using 5 Rhythms Movement Practice, Neuroscience and Mindfulness Self Compassion.

Venue: The Granary, Bessborough, Cork.

Date: June 11th & 12th

Time: 10am to 5.00pm Saturday & Sunday

Bookings & Payment: Contact The Social and Health Education Project.

(021) 4666180 www.socialandhealth.com

This workshop is not a substitute for therapy so please have good support in place to participate in this challenging work.