



The Visible Woman

– reconnecting with joyfulness

‘It was a thought provoking and an inspirational day of finding out more about myself in a warm, caring, sharing environment with fun, good food and laughter along the way. More please!’

‘During the day others revealed something of theirs that was a common thread in my life which had up until then been unseen by me.’

‘The workshop was very interesting and thought provoking, and definitely worthwhile.’

‘Working with chosen postcards revealed something to me and enabled me to dig deeper into my true self.’

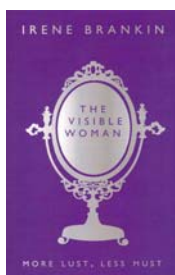
‘I liked the dynamics of the support that was offered to each participant. It was an excellent model of allowing the other to make sense of their own sharing without the interference of helpful advice.’

‘I so appreciated the listening, the gentle questionings, the returning to the point [thus highlighting our tendency to avoid] and the waiting, the gentle long silent presence of waiting expectantly without judgement. It was so powerful and I now realise that that gentle inquisitiveness is a tool that can be self applied in future.’

‘The workshop has given me an insight into myself and since Saturday I am still drawing on the knowledge and experience of the day. I feel it has shown me that human beings are all so similar in so many ways – vulnerable, emotional and all the other feelings that we lock up sometimes and don’t express. I feel stronger for the experience of sharing within the safety of this held space.’

‘It was a brilliant workshop, skilfully facilitated by Irene Brankin. I came to realise through the day that each member of the group held an aspect of my own journey. Witnessing others struggling and succeeding on this journey of life was self-affirming, reassuring and really heartening for I realised we are all in it together.’

‘Working through the day brought me to a realisation that it is energetically productive for me to work with my own rhythm of visible and invisibility, as it is an essential part of my replenishment and being. To do otherwise causes me too much wear and tear, stress and fatigue.’



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Irene Brankin

Author of **The Visible Woman - More Lust, Less Must**

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