

'Metaphors of Life'

A WORKSHOP FOR SMALL TEAMS IN THE DOMESTIC VIOLENCE SECTOR

You can only do your best work when you nurture your self. Join us for a creative, hands-on workshop exploring the use of narrative, art and eco-therapies in life and work. Designed with you and your clients in mind.

Participate

- 3 hour nature therapy walk for self care
- 'Tree of Life' workshop with your team

Explore

- use of metaphor in client conversations
- groupwork and counselling methodologies
- Challenges of the work with your team

Create

- Drawing, collage and storytelling
- connection with your self, your team and your environment

Walk away with:

- enriched personal development
- additional self care tools from nature
- insight into the strengths of your team
- a culture of connection
- creative applications to use straight away with your clients
- confidence in bringing light, laughter and creativity to your work



Beginning Wednesday March 20 at 2pm
Finishing Friday March 22 at 4:30pm

\$230 PER PERSON

MORE INFORMATION: www.metaphoricallyspeaking.com.au

BOOKINGS/ENQUIRIES: Catherine Booth House

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...metaphorically speaking
Passages to healing through Nature, Art and Storytelling

Trees can teach us a lot about how to live. Our traditional way of life is about caring for each other and growing strong families. Now there are storms destroying our families and hurting our children.. We can see it is not a healthy life for our people." - Elaine Tiparui, Bathurst Island