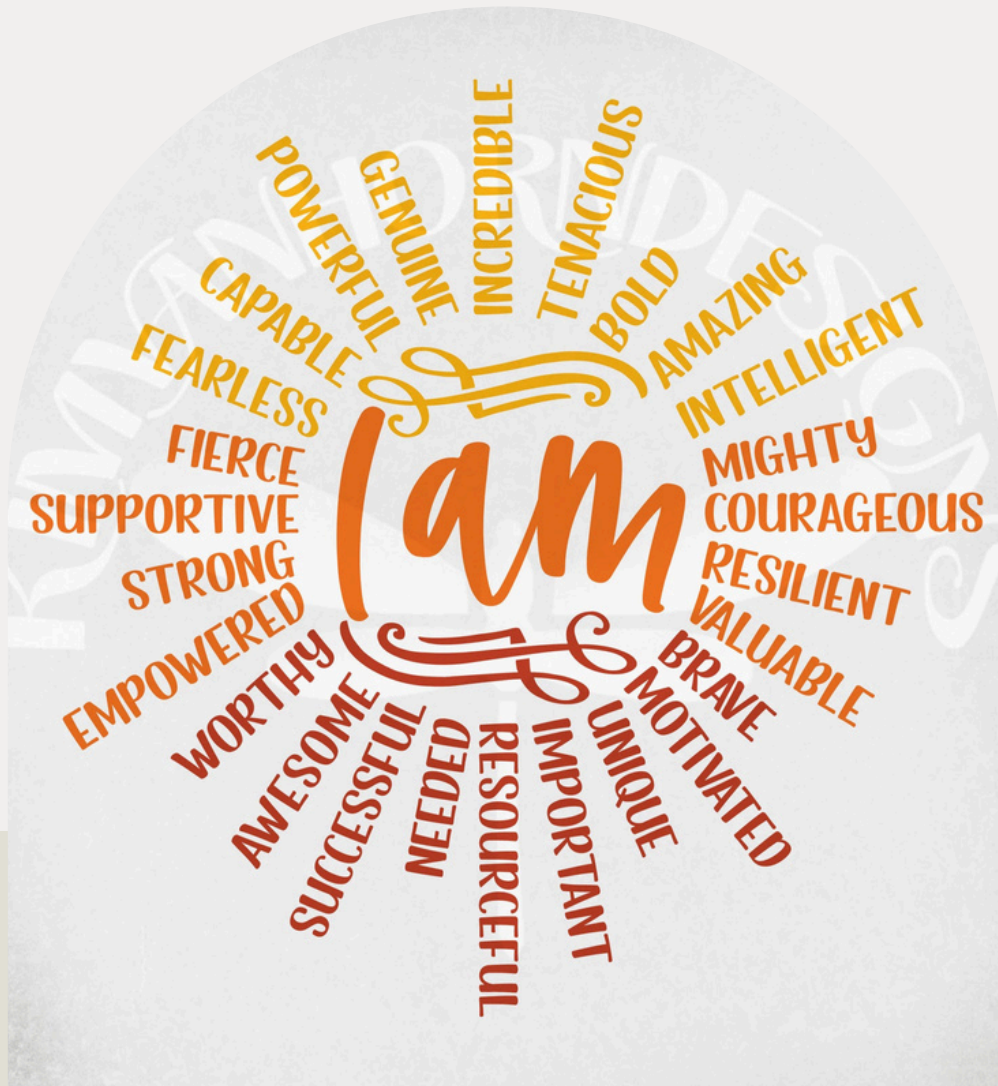


SELF...



Workshops for all

A journey through self exploration is necessary for long-term success and healing.

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Our process

Self...workshops are designed to encourage truthful revelations and the nurturing of healthy practices assisting each individual to understand how to nourish their independent growth.

We create unique workshops to meet your requirements.



Our workshops are bespoke to all arenas. We ALL have different household environments, upbringings, access to information, beliefs, concepts and outlooks, favourite colours/locations/ foods & drinks/song/hobbies etc so when dealing groups we are able to highlight and identify key areas that can support the entire group.

Using role play, music, history, genealogy, quotes and familiar persons for 100% participation from all who attend the workshop/s.

Workshop options

Each topic is divided into 4 sections and can be delivered over these time periods.

- x5 workshops (1.5hr)
- x3 workshops (2.5hrs)
- 1/2 day (5hrs)

Part One:

- Self Identity
- Self Value
- Self Worth
- Self Empowerment
- Self Leadership

Part Two:

- Self Cleansing
 - Self Pleasure
 - Self Expression
 - Self Determination
 - Self Discovery
-

About our workshops

Our workshops focus on uncovering and shaking up pre-conceived notions about how we view ourselves within the worlds we live in. Empowerment of self supports every area of our home, school, work, personal, and social lives especially the relationship we have with ourselves.

All our workshops are bespoke to be able to accommodate all who participate no matter their appearance, age, gender, race, religion, football team, political party or music/film preferences.

Each participant is unique and will take away completely different things from each topic discussed. Supporting eclectic learning and lesson on individuality and shared concepts..

Encouraging all who participants to explore a variety of options regarding decision making and accountability.

Enhancing:

- Self awareness
- Communication skills
- Analytical skills
- Exploring strengths and areas of improvement
- Positive tools and methods for coping with difficult times/situations
- Understanding how to trust yourself
- The ability to ask for help/support
- You are not alone

Prices start
from £450

SELF IDENTITY

Who am I?, What am I?, What do I want to be?, How have it come to be? Where do I / will I go?

All of these questions are valid for every single human on the planet. We will explore themes to help settle some of your thoughts.

Topics of discussion

- Who do you think you are?
- Who have you been taught to be?
- How does culture influence your identity?
- Can you change?

IDENTITY

'Establish or indicate who or what (someone or something) is.'

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SELL VALUE

Giving yourself accountability for who you choose to be within all arenas of life is necessary for lasting foundations .

Setting standards and boundaries are imperative to set up especially when you are never a final product. Evolution of human beings is a life-long journey.

We share tools for you to carry through life.

Topics of discussion


- What is value?
- How you set your own standards?
- Accountability
- Partnerships

VALUE

'The regard that something is held to deserve; the importance, worth, or usefulness of something.'

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IF YOU *Believe*
IN YOURSELF
Anything
IS POSSIBLE



SELF WORTH

Learning is never easy. There are many areas we excel in. However the areas that we find challenging can impact the ways in which we view ourselves and in turn our worth. Sometimes learning about how others deal with the challenges of assessing their self-worth can support each of us in developing tools to support ourselves in those moments.

Topics for discussion

- Identity
- Courage
- Acceptance
- Freedom



WORTH

'The level at which someone or something deserves to be valued or rated.'

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“KNOW
YOUR
WORTH.”

SELF EMPOWERMENT

Being your own cheerleader is vital to living. Encouraging yourself to keep elevating through your experiences and exposure to the worlds you live in can rub off on others who may need encouragement to understand they too can achieve what they set themselves. Doing for others always starts with doing for self first.

Topics for discussion

- What do you see?
- Who builds your road/s?
- Did you KNOW?
- You are your ONLY competition!

EMPOWERMENT

'The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.'

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SELF LEADERSHIP

Everyday you are a leader!

Leading yourself to accomplish tasks set day to day. Leadership is not about the ability to command or give instructions for others to follow. First you must be able to trust and lead yourself. This becomes most effective when you are entrusted with others to follow the direction you are going in.

Topics of discussion

- What is leadership?
- What can YOU control?
- Who are your team?
- How to inspire leadership!

LEADERSHIP

'The state or position of being a leader.'

Leadership is the capacity to translate vision into reality.



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Self...

Outcomes we look for:

- Strengthening the tools you already possess.
- Opening you to concepts that you may not have equated to encouraging new growth.
- Expanding on methods to explore self reflection in all areas of life.
- Uncovering the importance of your vision and passion in all you do.
- Introducing you to areas of history you may be unfamiliar with.



Are you interested in booking one or all of our workshops?

Contact us:

www.selenacarty.com

The ability to communicate starts with the relationship you build with yourself. The ideas you have are often projected onto others and can impact how you see yourself and the relationships that can be nurtured. Take time with yourself as no-one was born knowing EVERYTHING. We have learnt over time from several influences.



@Selena Carty

CULTURAL & ANCESTRAL GENEALOGIST
GLOBAL WAR HERITAGE SPECIALIST
IDENTITY & EMPOWERMENT CONSULTANT



Thank You

"Thank you for making it possible for me to see my business from a totally new perspective. The 2 sessions have really invigorated me and given me a new sense of self-awareness. And for that I'm truly grateful. I've even started applying some of the principles we discussed..."

Rosaline, Founder & CEO of
Green Gold Garden Centre.