



WOMAN WITHIN  
WEEKEND

**I want to get  
to know the  
woman within  
me better.**



Perhaps you've come to a crossroads in your life. Or you want to deepen your self-awareness and growth. Join the thousands of women from around the world who have experienced this inner unfolding – and have come out of it enriched, with a clearer vision and more ready to live the life they want. It's an experience like no other, created just for women. It is the **Woman Within Weekend**.

### **what happens on the Weekend?**

Through a series of exercises, guided imagery and intense individual and group experiences, the Weekend offers tools to help you delve deep into your own inner landscape – to see which parts of you need further acknowledgment and integration so you can live life to the fullest. It's not therapy – but the chance to be heard as you discover your inner voice. To experience intense emotions without judgment. And to experience the rare compassion & strength of other women.

### **how do I register?**

Many Woman Within Regions have online registration forms on their web sites. See the last page of this flyer for the web site and registration contact info for your closest Region.

### **when & where does it take place?**

This residential Weekend starts Friday evening & goes thru Sunday afternoon, typically at a retreat center. See our web site for this year's global schedule of Weekends.

### **who can attend? the cost?**

Any woman over 18 years old.

There are no prerequisites.

*(The Weekend is a pre-req for some of our other programs.)*

U.S. Weekends range from

approx. \$650-\$725. Based

on site & travel costs, prices in other Regions vary.



**What other programs are available?** The Woman Within Weekend, a life-changing experience, is our signature program and a prerequisite

for some of our other programs. But each of our other self-growth workshops have also been designed for women – by women. This flyer describes all of them for you – in detail.

**How far can I go on my path?** Unlike other self-development organizations, Woman Within offers a multitude of learning opportunities – from those for women who are new to their personal growth journey to those designed for women who are farther along the path. Our programs are open to any woman over 18 years of age. Specific prerequisites may be required for some of our more advanced programs: please refer to the following listings for details.

**When and where are the programs?** See our full list of this year’s scheduled workshops and programs around the world on our web site at [www.womanwithin.org](http://www.womanwithin.org). Click on *Events* | *Register* at the top of the home page to see our upcoming workshops and programs.

**What about the cost?** We do our best to keep our costs approachable and we offer financial assistance for all our programs. Assistance is limited and offered on a first-come basis. To find out more, please contact your Regional registrar or our International office.

**Who do I contact to learn more?** See the last page of this flyer for contact information.



**WOMAN WITHIN  
CIRCLE  
TRAINING**



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*(Woman Within Circle Training was formerly called the Empowerment Intensive or 8- to 12-Week Training.)*



**WOMAN WITHIN  
CIRCLES**



*(Woman Within Circles were formerly called Empowerment Circles.)*

*Woman Within Circles® are groups of women who meet independently to support one another's commitment to personal transformation. They aren't intended to be psychotherapy or counseling nor to substitute for the advice or supervision of professional services or consultation you may need. Woman Within Circles are beneficial for the vast majority of participants for increasing a sense of connection with other women and overall satisfaction in life, but shouldn't be attended to resolve emotional problems for which therapy or similar treatments are generally used. Woman Within Circle Guides and Mentors aren't trained mental health professionals nor are they trained to treat psychological problems or provide treatment to an emotionally or psychologically distressed person. If you have, or believe you may have, a problem requiring psychological treatment, we urge you to consult a qualified professional instead.*

Circle Training is recommended before joining or starting an ongoing Woman Within Circle. In it, you'll gain awareness about how you show up in groups and learn empathic listening skills to support others with clarity and empathy. Learn how to clear up conflicts safely so you can keep your Woman Within Circle in honest connection.

Many women attend the Weekend first; others do not. After attending Circle Training, you may want to buy a Woman Within Circle Manual from your Region with step-by-step instructions about forming and running a Circle. The manual may not be available in all Regions.

This is a non-residential program offered Regionally, based on demand. Talk to your Region to request a Circle Training near you - or to our Circle Liaison if you're not near a Woman Within Region (email her at [WomanWithinCircleLiaison@gmail.com](mailto:WomanWithinCircleLiaison@gmail.com).) Contact information is available on our web site's Community page.

An ongoing Woman Within Circle is a way to continuously grow and connect. Give yourself the gift of being seen, heard, challenged and accepted by a Circle of women who are all on a path of self-discovery and personal growth.

There is no hierarchy in a Circle: women take turns guiding it. These confidential Circles allow you to share the truth about who you are and what's happening in your life, without receiving judgment or advice in return. It's a time just for you.

Download the PDF about Circles from the Programs page of our web site, [www.womanwithin.org](http://www.womanwithin.org) to learn more about how to join an existing Circle or start your own new Woman Within Circle.

Circles are organized locally: ask your Regional Circle Contact if Circles are available in your area. Contact information is available on our web site's Community page and on the last page of this flyer.

**prerequisites?**

For women over 18 years old. There are no prereqs.

**the cost?**

Fees vary, based on number of woman attending, travel, facility & materials.

**when & where?**

Usually in a woman's home or community meeting room, from Saturday morning thru Sunday afternoon.

**how to inquire?**

Ask your Region's Circle Contact about the next Training near you - or ask to have your name placed on a waiting list.

**prerequisites?**

Woman Within Circle Training is recommended.

**the cost?**

Typically free though some Circles may charge a small fee due to the cost of a meeting room.

**when & where?**

Typically in womens' homes or community meeting rooms, weekly, bi-weekly or monthly, depending on member preference. Usually 2-3 hours long.

**how to register?**

See our web site's Community page: talk to the Circle Contact in your nearest Region to inquire about Circle availability near you.



## WOMAN WITHIN STAFF TRAINING



*(Woman Within Staff Training was formerly called One-Day Staff Training.)*

Learn the mechanics of the Weekend – and ways to safely support others. Get new tools to help you learn how to be present for other women and contain your own emotions and issues so that you can be fully present. Better understand the model behind the Woman Within Weekend and the theory and logistics of its processes.

This program is offered based upon demand. It doesn't typically show up on our annual program schedule. See our web site's Community page to find contact information for your nearest Region's Staff Contact and inquire about the next Staff Training near you – or ask to be put on a waiting list.

### **prerequisites?**

The Woman Within Weekend is required.

### **the cost?**

Fees vary, based on number of woman attending, travel, facility & materials.

### **when & where?**

Usually in a woman's home, or community meeting room, in a one-day session.

### **how to inquire?**

Inquire with your Regional Staffing Coordinator about the next Training or ask to be placed on a waiting list.



## WOMAN WITHIN STAFFING



After taking Staff Training, volunteer as a staff member at the Woman Within Weekend and feel the difference you can make as a staffer. Many women keep coming back for years because they get so many gifts and insights from staffing our programs.

As you serve as a staff member, you'll find yourself forming deep, lasting friendships –and experiencing the Weekend from an entirely different perspective. Staffing lets you continue to learn about yourself – as you take your place and support others' journeys.

See our web site for a complete listing of upcoming Weekends around the world. Staffing Contact info is on the last page of this flyer. Many Regions have online staff sign-up forms on their web sites. Based on demand, you may not be selected to staff the Weekends you request. You may want to work toward a senior staff position, either in logistics and set-up or to help facilitate participants' personal growth work. Ask your Staffing Contact about the next steps leading to these types of growth opportunities.

### **prerequisites?**

The Woman Within Weekend and Staff Training are required.

### **the cost?**

Volunteer staffers are unpaid: you pay a staff fee, typically \$85 to \$150 U.S., based on facility costs & currency exchanges. You'll need to pay for your travel to & from the Weekend.

### **when & where?**

Usually at a retreat center, from Thursday afternoon to Sunday afternoon.

### **how to sign up?**

Contact your Regional Staff Contact (The Community page of our web site has contact info.)



### WOMAN WITHIN AUTHENTICITY WORKSHOP



This program is new to Woman Within in 2015.



### WOMAN WITHIN WEEKEND 2



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*(Woman Within Weekend 2 was formerly called Return to the Castle.)*

This 1.5-day program uses the metaphor of Alice in Wonderland to help you envision the life you want at work, at home and in your relationships. You'll learn about concrete tools that can help you get there intentionally, step by step. This enlightening, motivating workshop will help you live from your center rather than from the edge of who you are.

Take the time to set clear goals for the life you want to lead, then recognize the parts of your life that aren't in alignment with your goals and intentions. Gain the insight to get out of your own way and get tools to help you work through concrete steps to achieve sustainable change in your life.

Dale Herink, a Certified Career & Life Coach and Woman Within Weekend Leader, who created this workshop, will facilitate it.

If you've already attended the Woman Within Weekend, this program gives you a chance to explore new aspects of the woman within you by going through the Weekend again. You may want to look at a specific issue. Take the time to connect with other women. And go even deeper into your own inner landscape.

Once again, take an opportunity to work with the symbols and images that come up for you through the Weekend's visualizations and experiences. Then get another chance to work through issues in your life with skilled staff members – and reclaim yet another aspect of yourself.

This program is offered based upon demand. It doesn't typically show up on our annual program schedule.

#### **prerequisites?**

There are no pre-reqs.

#### **the cost?**

\$250 for tuition only  
(non-residential.)

#### **when & where?**

Typically offered in a community meeting room, from Friday evening through Sunday late afternoon.

#### **how to inquire?**

This workshop is offered based on demand. To inquire, email us at [Info@WomanWithin.org](mailto:Info@WomanWithin.org).

#### **prerequisites?**

The Woman Within Weekend is required.

#### **the cost?**

\$295 US, plus the cost of two meals on Saturday. Lodging not included.

#### **when & where?**

Typically at a conference center, from Friday evening until late Saturday night.

#### **how to inquire?**

To inquire, email us at [Info@WomanWithin.org](mailto:Info@WomanWithin.org).



## WOMAN WITHIN SHEDDING SHAME WORKSHOP



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This program is new to Woman Within in 2015.

Explore how shame may be standing between you and fully loving yourself. In this experiential Workshop, you'll learn how to recognize and understand the shame you carry – and how to release its invasive, life-depleting energy. You'll have a chance to discover the origin of your shame and how it may be changing the chemistry of who you are – and impacting and altering your life.

Learn how to listen to messages from your shame that can serve you. Give yourself this chance to forgive and accept yourself – and even make shame an ally – so you can move toward fully loving yourself.

Led by its creator, Marlene Nappa, BSc, MSc, who is an Executive Life Coach, Professor and Author. Marlene has also served as a Woman Within Weekend Leader.

### **prerequisites?**

There are no pre-reqs.

### **the cost?**

\$350 for tuition only  
(residential.)

### **when & where?**

Typically offered in a community meeting room, from Friday evening through Sunday afternoon.

### **how to register?**

This workshop is offered based on demand. To inquire, email us at [Info@WomanWithin.org](mailto:Info@WomanWithin.org).



## WOMAN WITHIN HEARTFULNESS WORKSHOP



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*(Woman Within Heartfulness Workshop was formerly called  
Lover Archetype.)*

Explore and reclaim the essence of your femininity. Transform old messages and behaviors in a gentle, supportive environment. Recharge and expand your awareness of the loving part of yourself. This one-day workshop offers you a gentle, supportive and safe environment where you can transform old messages and reclaim the sacredness of your femininity.

Let go of old beliefs about your body and your sexuality that get in the way of you being the magnificent woman that you are. Address issues about your own desirability and lovability by listening to your own inner voice. A combination of guided imagery, discussion and personal reflection will be used.

Led by Carol Kahn, a Woman Within Weekend Leader.

### **prerequisites?**

For women over 18 years old. There are no pre-reqs.

### **the cost?**

\$170 US (non-residential.)

### **when & where?**

Typically offered in a community meeting room, from morning through late afternoon.

### **how to register?**

This workshop is offered based on demand. To inquire, email us at [Info@WomanWithin.org](mailto:Info@WomanWithin.org).



### WOMAN WITHIN SKILLS WORKSHOP



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*(Woman Within Skills Workshop was formerly called Women Empowering Women or WEW)*

This Workshop is required for many of Woman Within's leadership positions.



### WOMAN WITHIN WHOLENESS WORKSHOP



*(Woman Within Wholeness Workshop was formerly called Woman Within Level 2.)*

This Workshop is required for many of Woman Within's leadership positions.

After your Weekend, you may be full of energy, yearning to enrich your relationships from this new place. This workshop is a chance for you to take what you reclaimed at your Weekend and gain new skills to help you integrate these parts of yourself – and to support others, from a place of wholeness.

Learn how to hold boundaries and ask for what you need without shame, anger or apology. Then form deeper connections with yourself and with others by holding yourself accountable to the gold you have claimed for yourself.

Come to know – and access – all parts of yourself. Required for all staff leadership roles. This advanced 5-day residential program uses the metaphor of the castle to help you look at nine archetypal energies in your life, through a series of presentations, discussions and experiences led by Woman Within Weekend Leaders, Facilitators and Facilitators-in-Training. If you're ready to create and give voice to your mission in life, you'll love this inspiring, meaningful workshop.

By learning more about each of nine basic archetypes, how your behavior relates to them and how you can use them in your life, come to recognize the parts of you that are dominant and the parts that are submissive. Make the choice to use all of the power of who you are.

Char Tosi, Creator and Founder of Woman Within, and Woman Within Weekend Leaders Esther Robertson and Monica Robinson lead the Workshop, along with other leaders in our community. Marg Renaud, our Exec Administrator, serves as Team Leader.

#### **prerequisites?**

The Woman Within Weekend is required.

#### **the cost?**

\$315 for tuition (non-residential.)

#### **when & where?**

Typically in a community meeting room, from Saturday morning through late Sunday afternoon.

#### **how to register?**

See our web site for this year's schedule of Skills Workshops around the world. Questions? Email us at [Info@WomanWithin.org](mailto:Info@WomanWithin.org).

#### **prerequisites?**

The Woman Within Weekend is required.

#### **the cost?**

Typically about \$1,100 in the U.S., including program fee, meals and lodging. A \$200 non-refundable deposit holds your place.

#### **when & where?**

Typically at a conference center, from Wednesday early afternoon through Sunday noon.

#### **how to register?**

See our web site for this year's schedule of Wholeness Workshops around the world. Questions? Please email us at [Info@WomanWithin.org](mailto:Info@WomanWithin.org).

**Central US**

www.WomanToWomanMidwest.org  
Register: DebraC8@comcast.net  
Staff: MA Armour@sbcglobal.net

**Europe (French-speaking)**

www.SacreeFemme.ch  
Register: Inscription@SacreeFemme.ch  
Staff: Staff@SacreeFemme.ch

**Eastern US**

www.ECSageCircle.org  
Register: Info@ECSageCircle.org  
Staff: DonnaElser@gmail.com

**Europe (German-speaking)**

Contact: Woman-Within.Germany@gmx.de

**Southern US**

www.CirclesOfWomen.com  
Register: CenterDirector@CirclesOfWomen.com  
Staff: Staffing@CirclesOfWomen.com

**South Africa**

www.WFA.org.za  
Register: Registrations@WFA.org.za  
Staff: Staffing@WFA.org.za

**Western US**

www.WW-WC.org  
Register: Registrar@WW-WC.org  
Staff: Staffing@WW-WC.org

**New Zealand**

www.EmpowerWomen.org.nz  
Register: : Info@WomanWithin.org  
Staff: : Info@WomanWithin.org

**Europe (English-speaking)**

www.WomanWithin.org.uk  
Register: Weekend\_Registrations@WomanWithin.org.uk  
Staff: Staffing@WomanWithin.org.uk

**Australia**

www.WomanWithinAustralia.org  
Register: : Info@WomanWithin.org  
Staff: Info@WomanWithin.org

**Claim your space  
at the program  
that fits for you.**

**Not near a Region?**

Please contact our International office at  
Info@WomanWithin.org if you aren't in or near a Woman Within Region  
& have questions about the Woman Within Weekend or our other programs.

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