

January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2 SLOW WRITERS CLUB 7-9PM	3	
	6	7 START YOUR YEAR WRITE - MINI RETREAT 1-5PM	8	9	10	
	13	14 CO-WRITING 11-12	15	16	17	
	20	21 CO-WRITING 11-12	22 WORKSHOP 2-3PM	23	24	
	27 CO-WRITING 11-12	28	29	30	31 GROUP COACHING 2-3PM	

Notes:

Events

START YOUR YEAR WRITE - MINI RETREAT:

Part One: Writing to Nourish (1-2.45PM)

Part Two: Nourish Your Writing (3.15-5PM)

(free to community members or £25)

JANUARY WORKSHOP:

EMBODIED STRESS RELIEF PRACTICE

Beginner friendly somatic practice class

(note slightly later time than usual)

February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3	4 CO-WRITING 11-12	5	6 SLOW WRITERS CLUB 7-9PM	7	
	10	11 CO-WRITING 11-12	12 FEBRUARY WORKSHOP 1-2.15	13	14	
	17	18 CO-WRITING 11-12	19	20	21	
	24	25	26	27	28 GROUP COACHING 2-3PM	

Notes:

Events

**FEBRUARY WORKSHOP:
MINDFULNESS FOR ACADEMICS**

(open workshop for non-members, by donation)

March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3	4 CO-WRITING 11-12	5	6 SLOW WRITERS CLUB 7-9PM	7	
	10	11 CO-WRITING 11-12	12 MARCH WORKSHOP 1-2.15	13	14	
	17	18 CO-WRITING 11-12	19	20	21	
	24 CO-WRITING 11-12	25	26	27	28 GROUP COACHING 2-3PM	

Notes:

Events

IMPOSTER SYNDROME MINI-COURSE:

Running in collaboration with Journey to Wellness, members receive access to a seven day mini-course on imposter syndrome created by me and Rebekah Ballagh!

MARCH WORKSHOP: **IMPOSTER SYNDROME COURSE REVIEW & DISCUSSION**

A chance to explore what came up in the course & receive coaching, will include a summary of the material for anyone who didn't participate.