

## *'Unfolding'...*

**An introductory two day workshop**

**The first in a series of workshops on  
Womens' Sexuality**



- Sexuality is a huge topic with many different aspects.
- Each of us has a unique experience and understanding of sexuality.
- Each of us has a right to be comfortable with ourselves, our bodies and our sexuality.

**This workshop offers a safe and confidential place in which to begin:**

- Exploring our current relationship with our bodies and our sexuality
- Taking steps towards achieving a healthier, happier, more fulfilling wholeness of being, which includes our sexuality.

## **Presenters...**

### **Marilyn Wadick**

Marilyn is a Transpersonal and Emotional Release Counsellor(TERC); a Relationship Counsellor working with couples, families, individuals and children; a Trainer in TERC, and facilitator of groups on issues such as Self Esteem, Communication, Rebuilding after Separation, Developing Healthy Boundaries.

She holds an Advanced Diploma in TERC, Bachelor of Counselling, Postgraduate Studies in Sexual Health, Effective group Leadership and maintains a private practice in Transpersonal and Emotional Release Counselling.

### **Wendy Eveleigh**

Wendy is a Transpersonal & Emotional Release Counsellor (TERC) and full practicing members of the Association of Transpersonal & Emotional Release Counsellors (ATERC). Wendy is listed on the PACFA National Register of Clinical Counsellors and works in Private Practice.

Wendy in addition holds an Advanced Certificate in Community Welfare, Diploma Counselling Studies, Advanced Diploma of Sexual Assault Counselling, Certification in Holotropic Breathwork & Transpersonal Psychology and is currently completing postgraduate counselling studies.

Both are actively engaged in their own personal growth work and find this is the wellspring from which they support others.

### **Marilyn Wadick**

Ph: 0421410040

Email: mariwadi@tpg.com

### **Wendy Eveleigh**

Ph: 0429 332204

Email: wendyeveleigh@aterc.com

## **LIFE MATTERS**

**Counselling & Psychotherapy**

**Centre presents...**

## *'Unfolding'...*



**..... A series of sexuality  
workshops for women**

**Saturday 29 May 2010 - 9.30 - 4.30pm**

**Sunday 30 May 2010 - 9.30 -12.30pm  
Register 9.00am**

### **LIFE MATTERS**

**Suite 1 Level 1, 206 Conadilly St  
GUNNEDAH NSW 2380**

Many of our attitudes, beliefs and feelings about ourselves and our sexuality, have their origins in our childhood; our culture; our life experiences and our relationships.

This workshop offers the opportunity to examine these and discard those which no longer serve us- to begin the journey towards wholeness.

### **The workshop will provide :**

- Opportunities to experience an Introduction to Transpersonal and Emotional Release Counselling modalities, Art Therapy, Movement and will include some Sexual Health Information
- A confidential, safe and supportive environment offering information, opportunities for working in a small *group setting as well as private reflection.*

### **Workshop Details...**

**Dates:** 29<sup>th</sup> & 30<sup>th</sup> May 2010

**Venue:** LIFE MATTERS

Suite 1 Level 1  
206 Conadilly St GUNNEDAH  
NSW 2380

**Time:** Saturday 9.30am - 4.30pm  
Sunday 9.30am - 12.30pm

Please arrive at 9.00 for a 9.30 start

**Participant Numbers:** Limit 12

### **Bring:**

Your own lunches or purchase via local food outlets in main street.

**Wear:** Loose comfortable clothing.

### **Cancellations:**

Any payment is fully refundable if we cancel the workshop. If you cancel later than 3 days before the workshop starting date, your deposit is forfeit. Cancellations before the 3 days are fully refundable.

### **Cost:**

Full cost inc. GST: \$180

Deposit: \$ 50

\*Cost Includes: Morning & Afternoon tea  
Art Book/Journal, Art Materials

### **Overview of program.....**

#### **Saturday - 9.30 - 4.30pm**

Input of Information  
Experiential Exercises  
Journaling  
Drawing  
Reflection  
Movement and Dance  
Relaxation  
Group Discussions  
Sandplay  
Question Box

#### **Sunday - 9.30 -12.30pm**

Exploring areas of concern or curiosity from the Question box  
Debriefing about the previous day  
Discussion about ongoing workshops  
Symbol work  
Final sharing

## **Future Workshops**

We will be offering ongoing workshops, which focus on different aspects of sexuality.

Future workshops which focus more deeply on:

- **Sexual Healing**
- **Movement**
- **Whole body aliveness**
- **Joyfulness**

**Let us know what your particular areas of interest are!**

## Registration Form

***Unfolding– A Workshop About  
Sexuality For Women***

**May 29<sup>th</sup> & 30th 2010**

Please send this registration form  
together with your deposit to:

**Marilyn Wadick**  
6 Robert Street  
Bellingen, NSW, 2454

Please do not hesitate to contact me  
if you have any questions:-  
(m) 0421410040 (A.H) 02 66551917  
mariwadi@tpg.com.au

Cost for 2 day workshop: \$ 180  
Deposit required: \$ 50

Amount enclosed: \_\_\_\_\_

Name.....

Address.....

.....

Email.....

Phone.....

Mobile.....

*Thank you for your interest in  
attending the workshop.*

*To help us to gain awareness of  
your particular needs/interests in  
the planning of the workshop,  
please answer the following  
questions and forward this page  
along with your registration form  
and deposit.*

**What do you hope to gain by attending the  
workshop?.....**

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**What, if any, are your concerns about  
attending the workshop?**

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**Is there anything you would like us to be  
aware of?**

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**Any other comments?**

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***Thank you***