

THE POWER OF CONNECTION

More To Life

What are you looking for in your relationships?

Friday October 14th, Saturday 15 & Saturday 22nd 10.00am – 6.00pm
Quy Village Hall, Cambridge. Just off the A14.

The **Power of Connection** is for anyone who wants to create or improve a relationship of any kind. Perhaps with a colleague at work, a friend, family member or someone with whom you are intimate.

The course is equally useful whether you are currently in a relationship or not, and whether you come alone or with a partner.

Over the three days together you will be working in a small group of 6-8 people. You will be given great support through an experienced mentor and team. You will learn in a variety of ways; through individual processing, practicing in pairs and in the small group. We will be focusing on connection in three different ways:

You will focus on connecting to yourself by ...



- removing internal obstacles to connection
- taking responsibility for your own behaviour
- learning how to create a spirit of connection

You will focus on connecting to others by ...

- practicing new listening skills
- learning how to communicate with compassion and clarity
- respecting and appreciating different perceptions

You will focus on connecting to life by ...

- creating sustaining and empowering boundaries
- seeing how everything can be a source for greater connection
- identifying the purposes in your life for connection

Zoë Grace has been teaching  More To Life courses for 25 years.  Accreditation for 18 hrs.
Want to find out more? FREE introductory session on Zoom **Sept 12th 7pm – 9pm.**



Practicalities: Cost: £225 per person, £400 per couple (friends, family, partners). £350 per organisation place. Individual registrations by **13 Sept.** have a 10% reduction. Ask regarding concessions. Costs can be spread.

Venue: 10 Main Street Quy, Cambridge CB25 9AW

Food: We are a 5 minute drive from Anglesey Abbey and we will eat in their café together. Refreshments are included in the price but lunch is not.



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