



IS THIS FOR ME?

The following statements cover some of the reasons why other women have said they are drawn to the kind of work we do during the HART process.

I invite you to sit quietly, take a deep breath and take a look at all the statements, ticking as many as resonate with you. There is no right or wrong answer, it's just good to connect with how you are feeling about where you find yourself right now.

- I feel overwhelmed by my situation and I'm not sure where to go for help.
- I want things to be different but I have been reluctant to make changes.
- I don't feel connected to the people around me. I often feel like I'm the only one in this situation.
- I would like to rise above the label of being a menopausal woman.
- I am coming up to a significant birthday and I want to make some changes in my life.
- I am approaching menopause and would like to embark upon the aging process, on my own terms.
- I know there is another way to tackle this situation but I don't know how to access it.
- I would like to understand how my future can acknowledge my past...without being defined by it.
- I want to expand the possibilities in my life but I feel as though something is holding me back.
- I want to recognise and commemorate this as an important phase in my life.
- I am often triggered by the things people say or do and I would like to find a way to feel stronger.
- I would like to find a way of telling my story that feels more empowering.
- I've read self-help books, taken courses and tried different therapies but I feel like I need support that is more personalised to me.
- I am willing to do what it takes to stand taller, feel calmer and be more connected with myself and others.

Well done, you've taken your first step. You have begun to acknowledge this as an important milestone and started to think about how you might like to tackle it.

If you have ticked one or more of the statements, the HART Feeling Your Way Mini-Retreat may well be right for you. Get in touch and let's set up some time to talk about taking the next positive step forwards.

HONOUR · ACCEPT · RELEASE · TRUST

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