



Deep Wellbeing and Soulmaking with Steve Thorp Course Prospectus 2021

What is the programme about?

Deep Wellbeing and Soulmaking is a learning and development programme aimed at people who are interested in creative development in these challenging times. It is for anyone interested in developing their own deep wellbeing and resilience within an ecological, interdependent framework.

The programme is aimed at supporting psychological and spiritual development, integral life practice, activism and creativity.

We're facing big changes and unprecedented challenges to our wellbeing, our relationships with each other and our coexistence with the Earth itself. It is in the context of Climate breakdown, COVID and other challenges that **Deep Wellbeing and Soulmaking** was devised as a space in which people can come to learn clear their heads and have good, deep and re-connecting conversations.

This multi-session online course will run from January 2021. There are nine 2-hour evening sessions – held monthly on Thursday evenings – with a **half-day online retreat** at the beginning and end of the programme. The course will utilise video and reading material – together with Zoom sessions and one-to-one online coaching.

Depending on the situation with COVID-19, there may also be an additional physical gathering arranged for the summer of 2021, as a conference/retreat to consolidate learning and share conversations with other course members – and previous graduates of the course.

What makes this programme different?

At root, our culture has often got it wrong about what makes us happy and unhappy. **Deep Wellbeing** is about redressing the balance and exploring some more lasting ideas and practices that will help us, as Alice Walker puts it, “...to survive in human fashion”.

This will be a grounded learning experience, focused on you finding the best ways of living for you, helping you to make a difference in the world from the most authentic parts of your self.

Deep Wellbeing and Soulmaking is not a self-help programme in the way we often understand it. It is as concerned with the contexts and frameworks we live in as the things we do – and it doesn't make the assumption that *'one practice fits all'*.

The programme regards the wider context of our times (climate breakdown, COVID-19, social, ecological and political crisis etc.) as the necessary and essential frameworks for this work, and the course will also explore ways of developing and sustaining individual resilience and engagement.

Having said this, this programme is also about finding engagement with the joy in our lives – and discovering that this 'joy' is already present in our original 'self' and 'soul'. This work is not about transcendence, however, more a grounding in our existing authenticity and potentiality.

The course provides a deep dive into ideas and practices of deep wellbeing and soul making. It is intended to be used flexibly and comprises **nine taught modules** and **two half-day sessions** on Saturdays – together with **regular group check-in sessions** (one or two per month depending on the rhythm of the timetable) in which more free-flowing conversations take place. The programme is as follows:

Retreat session 1: *Introduction to Deep Wellbeing, its frameworks and contexts* January 2021

Monthly Modules, all Thursdays 6.30 till 8.30 pm

Module 1:	<i>A poetic constellation of the self</i>	February
Module 2:	<i>The 'warm data' practices of deep wellbeing</i>	March
Module 3:	<i>Climate breakdown, COVID, and troubled times</i>	April
Module 4:	<i>Five strands of soul and shadow</i>	May
Module 5:	<i>Strand 1: Growing the acorn - character and calling</i>	June
Module 6:	<i>Strand 2: The realities of existence</i>	July
Module 7:	<i>Strand 3: Experience and the constellation of the self</i>	September
Module 8:	<i>Strand 4: Interdependence, love and ecology of mind</i>	October
Module 9:	<i>Strand 5: The creative soul emerging</i>	November

Retreat session 2: *Bringing it together – self, world and practice into action* December

A possible summer conference/retreat in Pembrokeshire during July or August 2021 will be optional and is not included in the course fee. Costs for this will be kept low, however, and the event will be open to anyone who has undertaken the course in the past, as well as current course participants.

At the end of each module, if you choose, you can discuss the ideas, questions and practices with me in a one-to-one coaching session (see below for costings). The questions, activities and course notes are designed to be used flexibly, and can be used as a prompt for your reflections, journaling and group discussions.

The total course time (including the retreats) will be **24 hours**, plus coaching, check-in sessions and time at home in reading/study you may choose to undertake.

The modules

Each module includes a mixture of theory and practice. However, as a guide, the first four modules cover the basic theories and contexts of the Deep Wellbeing approach. Modules 5 to 9 are more practice oriented, each containing a number of strands that are woven through with:

- 1. practices and reflections relating to the social self, original 'soul' self and ecological self;*
- 2. ways in which we can think about and perceive our world in more interdependent ways;*
- 3. references to themes of adult development (growing up) and soul-making (growing down).*
- 4. aspects of shadow work, active imagination and creative development.*

Pacing and support

As well as the face-to-face sessions, you'll be provided with course materials to work with in your own time. Before each module you will be sent a link to download the course pack for the month.

One-to-one coaching is also available to support the course. Purchasing a block of coaching sessions at the time you register for the course will give you a good discount over usual rates. Coaching sessions take place by Skype or Zoom, depending on your preference.

Costs

The course runs on a flexible fee model as I want to make it as accessible as possible. Please note that I want everyone to have access to this course, so if you can't afford the reduced fees below, please do get in touch.

See below for the fee bands and discounts. You can pay the full cost at the beginning of the course, or choose a three payment plan option which consists of three payments. The course fee includes all sessions. Also included in all fee bands is **one hour-long video coaching session**, to be taken at any time during the course. Further coaching can be added on at a discounted rate.

Band 1: Reduced fee – lower fee for those on limited or lower incomes = **£300** paid in full at the beginning of the course **OR** three payments of **£100** paid in the first three months of the course.

Band 2: Standard fee = £600 paid in full at the beginning of the course OR three payments of £200 paid in the first three months of the course.

Band 3: Sponsors fee = £750. If you'd like to sponsor the programme and help provide further reduced or free places, then you can opt to pay a higher fee of **£750** in one payment, or three instalments of **£250**.

Coaching

All fee bands above include one coaching session, either face-to-face or by video (Skype, FaceTime etc). If you'd like to purchase extra sessions, they are available at the discounted rate of **£50 per hour** (my usual fee for one-off sessions is **£75**).

About Steve Thorp

Steve trained as a counsellor and psychotherapist, and has worked in a range of settings providing support, therapy and consultancy to individuals and organisations alike. In recent years, he has qualified as a Spiritual Companion/Mentor and a Warm Data/People Need People Host with the International Bateson Institute.

He is a writer of a range of books and publications and editor of **Unpsychology Magazine**: www.unpsychology.org & <https://medium.com/soul-making>. Find out more about Steve's work from www.21soul.co.uk and <https://medium.com/21stcenturysoul>

Testimonials

From KD, 2019/20 cohort:

"I have thoroughly enjoyed the deep wellbeing course. The timing of it was extraordinary - that you not only continued the course via zoom but provided weekly check ins during that difficult transitional period was fantastic.

I have no criticisms. I loved that the course felt wide open and unpressurised. I've done a fair bit of study in the past and don't think I could have managed a more exacting programme at this time. I felt I could dip in and take what I needed in manageable segments.

I thought the content was interesting and a lot of new concepts for me. I liked the structure, and that we could weave in context i.e. share our personal journeys etc. It felt safe and well held and so this exploration and honesty was possible.

I would say the course has done what it says "on the tin" - exploring deep well being. For me I feel as though it has (and still is) putting me back in touch with my wholeness e.g. my creativity etc."

From JA, 2019/20 cohort:

Just wanted to say thanks... I so enjoyed the group you created and the materials.

I'm hoping to go back through them all and do another round of working/ thinking about it all. There was such a lot in there and it was such a memorable moment to be doing it in.