

# Deep Wellbeing & Soulmaking Prospectus 2019



What is the programme about?

Deep Wellbeing 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, connected framework.

This is a multi-session programme running from the Autumn of 2019. It can be undertaken as part of a face-to-face group at St Davids Wellbeing Centre in Pembrokeshire OR as a distance learning and online package. Course materials, costs and levels of support are the same for both groups.

For the face-to-face group, there will be nine evening sessions – running monthly on Thursday evenings – with a full day retreat at the beginning and end of the programme. For the online distance learning group – you will work from home and video and email apps will be used to support your learning. You could also choose a combination of face-to-face and online. If you're interested in the 'combination' or online versions, get in touch to discuss how this would work.

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

We're facing unprecedented challenges to our wellbeing, our relationships with each other and our coexistence with the Earth itself. It is in this context that **Deep Wellbeing and Soulmaking** has been devised as a space in which people can come to learn, clear their heads and have good conversations before turning (if they choose) back into the hurry and bustle of their lives again – with a whole range of new 'tools for troubled times' – or take another direction entirely!

What makes this programme different?

At root, our culture often gets it wrong about what makes us happy and unhappy. **Deep Wellbeing** is about starting to redress the balance. It will explore some deeper and 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 your best ways of living; helping you to make a difference in the world from the most authentic parts of your self.

**Deep Wellbeing** is not a self-help programme in the way we often know it. It is concerned with the frameworks we live within as much 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 troubled times (climate breakdown, social, ecological and political uncertainty and crisis etc.) as the frameworks for this work – as well as exploring ways of developing the personal resilience and engagement needed.

## The course

The course provides a deep dive into the ideas and practices of deep wellbeing and soul making. It is intended to be used flexibly and the face-to-face version comprises nine modules and two full-day retreats on Saturdays, as follows:

*Retreat day 1: Introduction to Deep Wellbeing, its frameworks and contexts October 5th*

### *Monthly Modules, all Thursdays 6.30 till 9.30 pm*

<i>Module 1:</i>	<i>A poetic constellation of the self</i>	<i>October 17</i>
<i>Module 2:</i>	<i>The practices of deep wellbeing</i>	<i>November 21</i>
<i>Module 3:</i>	<i>Climate breakdown, unpsychology and troubled times</i>	<i>December 19</i>
<i>Module 4:</i>	<i>Five lives of soul and shadow</i>	<i>January 16</i>
<i>Module 5:</i>	<i>Growing the acorn - character and calling</i>	<i>February 20</i>
<i>Module 6:</i>	<i>The realities of existence</i>	<i>March 19</i>
<i>Module 7:</i>	<i>Experience and the constellation of the self</i>	<i>April 23</i>
<i>Module 8:</i>	<i>Connection, love and ecology of mind</i>	<i>May 21</i>
<i>Module 9:</i>	<i>The creative soul emerging</i>	<i>June 18</i>

*Retreat day 2: Bringing it together – self, world and practice into action July 11*

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.

**If you live away from Pembrokeshire, you can take the course virtually, and you are also welcome to attend (at no extra cost) the day retreats in October and July 2020.**

The total course time (including the retreats) will be **40 hours**, plus any coaching or home reading/study you may choose to undertake.

## The modules

Each module includes a mixture of theory and practice. However, as a guide, the first three modules cover the basic models and ideas of the Deep Wellbeing approach. Modules 4 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. references to themes of adult development (growing up) and soul-making (growing down).*
- 3. aspects of shadow work, active imagination and creative development.*

## Pacing and support

As well as the face-to-face and online sessions, you'll be provided with course materials to work with in your own time. Before each session 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. Sessions can take place in St Davids or by video conferencing depending on your preference.

## Costs

**The course runs on a flexible fee model as I want to make it as accessible as possible. The standard course fee will be at an introductory price of £500 for this first run of the course.**

See below for the fee bands and discounts.

The course fee includes all sessions, and refreshments on the retreat days. Lunch on the retreat days will be a bring and share affair. Also included in all fee bands is **one** face-to-face (or video) coaching session, to be taken at any time during the course. Further coaching can be added at a discounted rate. If you would like to take the course 'virtually', you can also choose to attend the day retreats and undertake the rest of the modules online.

**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** to be paid over the first three months.

**Band 2: Standard fee** = **£500** paid in full at the beginning of the course or a payment of **£200** at the beginning of the course and then two payments of **£150** in the subsequent two months.

**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** (usual cost for one-off sessions is **£65**).

*\*2 I soul stands for Twenty First Century Soul - the force and the energy that we must live with and live through in this fast-moving century. It is run by therapist and writer, Steve Thorp who works with individuals and groups from St Davids in Pembrokeshire, and online via video platforms.*