



Women empowering women

Sco42774

WELCOME! THIS IS THE FIRST STEP TOWARDS REAL CHANGE, SO WE SALUTE YOU FOR BEING BRAVE ENOUGH TO MAKE THE DECISION TO JOIN US. YOUR JOURNEY STARTS RIGHT HERE!

1ST A LITTLE HISTORY ABOUT THE CHARITY;

- **ANAM CARA** IS A CHARITY THAT HAS BEEN WORKING WITH WOMEN EXPERIENCING LOW SELF -ESTEEM, STRESS, ANXIETY OR DEPRESSION IN MID AND EAST Lothian FOR SEVERAL YEARS.
- **ANAM CARA'S** AIM IS TO EMPOWER WOMEN WITH LOW SELF-WORTH TO MAKE POSITIVE CHANGES AND LIVE A BRAVER LIFE.

WHAT A BRAVER LIFE LOOKS LIKE AT **ANAM CARA**

- A BRAVER LIFE MEANS FOR EXAMPLE BEING ABLE TO SAY “**I AM GOOD ENOUGH**”
- BRAVER AS IN; **LIVING A LIFE YOU WANT INSTEAD OF THE LIFE YOU THINK YOU SHOULD**
- BRAVER AS IN; “**EVEN ALTHOUGH SOMETIMES I'M VULNERABLE AND SCARED I'M ALSO STRONG BEAUTIFUL AND BRAVE**”

ANAM CARA HOPE TO MIX BOTH LEARNING SELF DEVELOPMENT AND RESILIENCE SKILLS WITH REAL HONEST CONNECTIONS AND FRIENDSHIPS ALL HELD IN A RELAXED SAFE ENVIRONMENT. WHERE YOU CAN FEEL VALUED, LISTENED TO AND RESPECTED.

ANAM CARA MEANS SOUL FRIEND IN GAELIC AND **ANCIENT CELTIC TRADITION STATES THAT YOUR ANAM CARA IS A SPIRITUAL AURA THAT HELPS YOU TO SEE THE BEST IN YOURSELF AND OTHERS.**

OUR PROGRAMMES/WORKSHOPS ARE PROGRAMMES & WORKSHOPS FOR WOMEN, THEY ARE ABOUT CONNECTION, BELONGING, EMPOWERMENT MOTIVATION AND INSPIRATION.

ANAM CARA MIX BOTH LEARNING SELF DEVELOPMENT AND RESILIENCE SKILLS WITH REAL HONEST CONNECTIONS AND FRIENDSHIPS ALL HELD IN A RELAXED SAFE ENVIRONMENT. WHERE YOU CAN FEEL VALUED, LISTENED TO AND RESPECTED.

WE OFFER YOU THE OPPORTUNITY TO ATTEND **3** TWO DAY WORKSHOPS. HOWEVER, YOU HAVE TO COMPLETE WORKSHOP **1. Self- Awareness** & WORKSHOP **2. Self- Compassion** BEFORE YOU CAN ATTEND WORKSHOP **3. Self -Resilience**

THERE IS A PERIOD OF 6 WEEKS BETWEEN EACH WORKSHOP. DURING THIS PERIOD, YOU WILL BE ABLE TO RECEIVE 1 TO 1 SESSIONS WHERE YOU CAN DISCUSS YOUR CHANGES, CHALLENGES, OR SIMPLY JUST CHECK IN AND LET US KNOW HOW YOU ARE DOING.

OUR WORKSHOPS **WILL** PROVIDE YOU WITH INFORMATION, TECHNIQUES AND RESILIENCE SKILLS TO HELP PROPEL YOU INTO A POSITIVE FUTURE.

WE WILL BE ABLE TO HELP SUPPORT YOU FURTHER BY INTRODUCING OTHER AGENCIES WHO MAY BE ABLE TO ADD TO YOUR SUPPORT NETWORK

WE LOOK FORWARD TO MEETING YOU. MEANWHILE LIVE BRAVELY. FROM THE TEAM AT **ANAM CARA**