



Spring Workshop – Wed 12th February 2025

A Workshop Day for Spiritual Directors

Working with shame and guilt

Shame and guilt are probably feelings that we all have experienced and travelled with at some point on our journey. How have these feelings influenced your own journey or that of your directees? How do these feelings come into direction sessions? This workshop will be helpful in exploring these questions.

This workshop will explore:

- What are the similarities and differences between shame and guilt?
- Where does guilt and shame feature in the directee's story?
- What is the impact of shame and guilt on the directee?
- What is the role of trust?
- How does your own experience help or hinder the relationship?
- How might you enable/help or hinder the directee to explore their own feelings?

Where: Flourish House, 2 Cathedral Avenue, Wells, BA5 1FD

Time: 10.00 am – 4.00 pm (arrivals and refreshments from 9.30am)

Cost £32.00 to be paid at the time of booking.

Drinks will be provided but please bring your own lunch.

Booking is essential by 27th January 2025.

Please download and complete the booking form from our website:

<https://www.ministryofspiritualdirection.co.uk/workshops>