



**Autumn Workshop – Tues 8<sup>th</sup> October 2024**

**A Workshop Day for Spiritual Directors**

## **Stuck? Going round in circles? What about challenge?**

As a spiritual director have you encountered a sense of being stuck or going round in circles? Have you wondered how challenge may be used more effectively?

This workshop will explore:

- What we mean by challenge
- How to discern when challenge is vital
- The progressive nature of challenge
- How to make challenge more effective
- Your own experience of being challenged
- The impact on the directee of using challenge
- The use of immediacy and advanced empathy

**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** (this includes a non-returnable deposit of £15).

Drinks will be provided but please bring your own lunch.

Booking is essential by 23<sup>rd</sup> September 2024.

**Please download and complete the booking form from our website:**

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