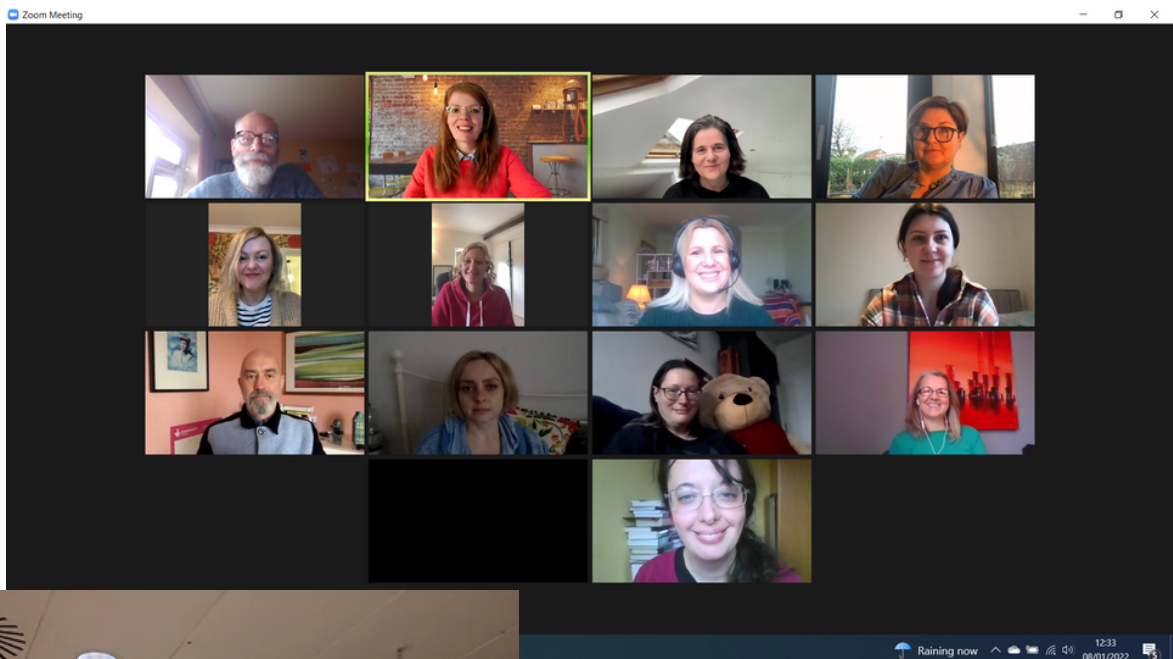


CASE STUDY

Theme for the year workshop
Reflection and intention setting
Annual public workshop - January 2022



Theme	Goal
More about how you do things/how you are /how you live	More about what you want to acquire/achieve
Doesn't require you to know exactly what you want	Requires you to know what you want
More fluid, can be used to inform decisions, big and small	Arrival fallacy
More open, more possibilities, opportunities	Could be wrong thing
Can be changed/altered easily enough without 'failure'	Regret - Beat up when don't achieve
Could have multiple themes for different areas	Could miss other things focusing on that thing, e.g. love of friendship if focused only on man
More holistic	Succeed or fail



CASE STUDY

Theme for the year workshop Reflection and intention setting Annual public workshop - January 2022

The brief

The New Year workshop is my oldest running workshop and is a hit every year. It goes something like this: We first review the year gone by and then look ahead to what we'd like from the coming year. We then pick our theme which acts as an anchor to guide us, to make decisions and give us something to check back in with.

It's not about creating resolutions or goals, though these do have their place. It's more about capturing a feeling or a tone that can guide our decisions and help us feel that, whilst we might not always be behind the wheel, we're at least in the front of the car. We use guided writing exercises including free-writing (no experience required) and discussion which is deeply connecting and enjoyable.

Outcomes

People always leave feeling energised, inspired and focused to step into the year ahead. People have reported back to me through the year how their theme has helped them to check in with themselves.

Feedback

"Refreshed and energised, inspired, given permission not to over complicate, discovery, open and ready, relaxed, really moving, unexpected, great fun, therapeutic." January 2022

"Energised, grateful, positive, inspired, connected, optimistic, understanding, uplifted, hopeful, surprised, motivated, tired, priceless, empowered, invigorated, refreshed." January 2021

"Just to say thanks so much for the session on Saturday, I must say it was one of the best, possibly the best, 2.5 hours I have spent in an online workshop. I found it really helpful in terms of the personal insights I gained and I really enjoyed doing it." Cathy - NY Workshop - Jan 2022

"I absolutely love Claire's writing meetings. There's something magical about the space she creates, about the people who appear at her meetings. The way she facilitates discussion and sharing lets us be our authentic selves and I can see the real me in the eyes of others and in turn, see who they truly are. She has this warm curiosity and her prompts always lead me to amazing self-discoveries that I don't think would be possible otherwise. Some things are just hard to put into words, if you want to understand what I mean by 'Claire magic,' you should check yourself. I can't recommend enough!" Ania - October 2021

