

THE STORIES WE TELL

personal insight workshops
with Jamie & Sarah Jauncey

Dear Friends

Join us for an autumn weekend of shared stories and personal insights

APPRECIATING WHO I AM

October 27 & 28

Birnam Arts, Perthshire

9.30–4.30 each day

Price: £300

This is our Foundation Weekend. As the title suggests, it's about the importance of knowing and valuing ourselves in order to make the most of our lives. Exploring the stories we habitually tell about ourselves and our lives can help us to do that. You can find out more [here](https://www.thestorieswetell.org.uk).

Although Sarah's a counsellor and Jamie a writer, our workshops are neither therapy groups nor creative writing workshops – but something unique and wonderful in between! Some people come because they're seeking change, some for professional development, some simply out of curiosity.

Please get in touch if you'd like to make a booking or find out more. We'd love to see you – and Perthshire in autumn is glorious!

With warm wishes

Jamie & Sarah

www.thestorieswetell.org.uk