



25 & 26 JANUARY 2020

WOMEN AND MEN ON THE EDGE

AMSTERDAM

WOMEN AND MEN ON THE EDGE: REVISIONING AND CO-CREATING NEW POSSIBILITIES FOR LIVING.

A two day workshop with Zelda Hall and Mick Collins

Do you dream of a better world?

Humanity is facing multiple crises that are impacting people's lives, economically, politically, ecologically, socially and spiritually. Polarisations are being created in many areas. The societal roles and expectations of us as women and as men are shifting and evolving rapidly. This is confusing and painful for many of us, creating division and isolation at a time when we long for a sense of belonging and interconnection.

We are at an edge.

This workshop offers opportunities for women and men to explore their fullest potential as individuals in this time of global crisis. We will consider how existing roles and expectations can be limiting and/or enabling. We will explore how we can then be participants in the collective, transpersonal and ecological quest for wholeness. How we can go beyond the edge.

We will also make space for the visionary energies which are alive within us, as we make connections to inner wisdom, talents and abilities.

Who is the workshop for? This workshop is for anyone who struggles with what it means to be a woman or a man in these times and is interested in supporting their deepest vision, and what this could mean for participating in collective transformation.

Ways of working Various techniques and approaches such as visualisation, dreamwork and body awareness exercises will be used in the workshop, both individually and in pairs. There will also be some group process work.

Mick and Zelda both have a background in, and are inspired by, Process Oriented Psychology as envisioned by Arnold and Amy Mindell

- Explore what being a woman/man in these times means for you.
- Discover what gifts you bring to the world beyond the roles you have been assigned or taken on.
- Co-create new ways of soul-centred living.

PRACTICAL DETAILS

The group will be limited to 14 participants.

Time: Saturday 25th January 10.00 till 18.00
Sunday 26th January 10.00 till 17.00

Place: LUMEN, Nwe. Keizersgracht 58, 1018 DT Amsterdam

Cost: €240

Light refreshments will be provided. You can bring your own lunch or eat in one of the many restaurants and cafes in the area.

Register: Email: zelda@zeldahall.com

You will receive details of the bank account to which the payment for the workshop is to be made.

PLEASE NOTE: Your reservation is definite once your payment has been received.

Cancellation: In the case of cancellation up to 2 weeks in advance you will receive a full refund minus €10 administration costs. After this date a refund is only possible if someone else has taken your place.

Please bring: socks or slippers (it's a shoe free room),
a notebook and pen.

FACILITATORS

This exciting new workshop is a collaboration between Mick Collins and Zelda Hall.



Zelda Hall MA. MSc. is a psychologist and soul-centred therapist. Her MSc. is in Consciousness, Spirituality and Transpersonal Psychology. She trained in various modalities including body oriented therapy and studied Process Oriented Psychology with Arnold and Amy Mindell and associates for ten years.

Zelda has had a private practice (LUMEN) in Amsterdam for more than 35 years and works with people from all over the world. She has given workshops in many different countries and has been a lecturer and tutor in Transpersonal Therapy and Counselling in a Masters programme for the Alef Trust. She also has taught and supervised therapists in training for programmes in the Netherlands.

Zelda is from N. Ireland and has been living in Amsterdam for many years. She loves guiding people in finding their path of soul and is passionate about contributing to conscious evolution. She paints, writes, and likes to talk to trees.

Find out more about Zelda on www.zeldahall.com

Mick Collins Ph.D worked for 12 years as an NHS occupational therapist in acute mental health settings and in a psychological therapies team. During this time he spent 9 years training in Process Oriented Psychology. Mick then worked for 10 years as a lecturer in the Faculty of Medicine and Health Science University of East Anglia, before retiring in 2015. His research and writing interests are on the links between spiritually transformative experiences and our collective adaptive potential to tackle the global crisis. Mick's first book *The Unselfish Spirit: Human Evolution in a Time of Global Crisis* won the 2014 Scientific and Medical Network book prize. He was 'author in profile' at the 2014 Hostry Festival, and was interviewed about his book at the 2015 International Hay Festival for Literature. In 2016 he was interviewed about his work on Conscious TV. Mick's latest book was published in 2018, *The Visionary Spirit: Awakening to the Imaginal Realm in the Transformocene Age*. He is currently writing his next book, *The Restorative Spirit*. Mick's holistic coaching interests focus on deep transformation and the integration of the 'transpersonal' into everyday life. He lives in Norwich, UK and is a husband, father and grandfather.