

# Step Into Your Own Shoes

*with Barry Walsh and Martin Hawkes*

August 9th – 11th      € 290

A blend of creative exercises skillfully woven together to provide you with the opportunity to discover what direction and purpose is right for you. This three day workshop includes outdoor hikes in the Burren, art exercises, journaling, reflection, dialogue, story telling, music, poetry and movement. This journey of creative enquiry will allow you to walk away (in your own authentic shoes) with greater clarity, purpose and confidence. Suitable for those seeking greater focus and meaning and particularly for those at moments of transition in their personal or professional lives.

**BARRY WALSH** is an experienced and skilled workshops facilitator. Participants have commented on his ability to facilitate in a caring and compassionate way that brings out the best in them. **MARTIN HAWKES** has a passion for understanding human motivation and is engaged with programmes on creativity, innovation and the Enneagram. As well as being involved in business he is also active in ecology, education and leadership initiatives.