



Mother-Daughter Weekend Workshop

Intentional Mother-Daughter Relationships

An Experience of Authentic Connection

Mother-daughter relationships are complex. The dynamics we develop early on can linger throughout our lives. As mothers and as daughters, it can be tough to break free from outdated patterns and be seen for who we truly are.

Are you ready for exploration, inspiration, healing, and growth?

Join us for a **3-day workshop experience** designed to increase your self-awareness and strengthen your mother-daughter relationship.

- Set yourself free to engage from a place of authenticity
- Anchor your mother/daughter feelings in self-awareness
- Explore healthy boundaries between power and love

According to cross-cultural wisdom gathered by Angeles Arrien, there are two primary periods of life. During the first half of life, we explore our gifts and talents. **At age 35, we cross a threshold into the “second half of life.”** This is when we have the opportunity to *transform and reclaim our authentic self* as we prepare for and step into our wisdom years.

Intentional Mother-Daughter Relationships is specifically designed for women nearing or in the second half of life.

Together, we will weave a foundation for personal and relational transformation:

- Meet the Enneagram — a tool for self-understanding
- Explore means of Compassionate Communication
- Draw from indigenous wisdom, healing, medicine, and ceremony
- Explore new ways of relating to the second half of life

We are all daughters, some of us mothers, some of us in mother-daughter relationships.

**MOTHERS & DAUGHTERS:
NOW IS THE TIME TO EXPLORE AND BE CURIOUS!**

Join us for this powerful 3-day workshop experience.

PROGRAM FEE: \$450 per person // \$800 for a pair

REGISTER BEFORE MARCH 16, 2019 to receive the **EARLY BIRD discount:
\$400 per person // \$700 for a pair**

To register, visit: www.aumemily.com.



Meet the Facilitators

Erin Merrihew



Erin helps people overcome their reactive patterns to build stronger relationships and live with more courage, kindness, and authenticity. Blending together her expertise in emotional intelligence, her powerful intuition, and just the right dose of realness, she catalyzes fierce, openhearted living for individuals, couples, leaders, and organizations.

Erin is a Communication Leadership Coach, a Certified Trainer in Compassionate Communication, and holds a degree in Sociology. Born and raised in Seattle, she is passionate about hiking and backpacking, world travel, speaking Spanish, singing and playing the ukulele, vegetarian cooking, yoga, and devouring all self-help books. Learn more about Erin at www.erinmerrihew.com.

Emily Paul



Emily is a transformational healer who emphasizes direct experience. As an acupuncturist, herbalist, coach, and mentor, she inspires clients to reclaim their personal power and connect with their innate intuitive wisdom. Originally from the Midwest, Emily spent almost a decade overseas involved in humanitarian work before moving to Seattle to complete her masters in Acupuncture and Oriental Medicine at Bastyr University.

Emily is delighted to call Seattle and the Pacific Northwest home. She can often be found walking Greenlake, a haven in the heart of Seattle. She loves spending time in nature, dancing, reading, baking gluten-free, and exploring spiritually enriching

consciousness-raising experiences. She is a dedicated student of the Four Fold Way. Learn more about Emily at www.aumemily.com.

Kathy Clayton



Kathy Clayton's warm smile and quick, thoughtful approach in her reality-based coaching support her clients in developing and sustaining relationships that work. Her measure of success? It's 100% defined by the individual client. Kathy's passion for developing awareness and conscious thinking helps motivate clients toward sustainable action and long-term results. Her particular style includes a gutsy willingness to “name the elephant in the room” and a tenacity to hang in when the conversation gets uncomfortable.

After 22 years and hundreds of clients, Kathy is just as curious, thoughtful, and compassionate as ever in coaching each client toward their own successes and long-term, meaningful results. Outside of coaching, Kathy loves movement of all kinds, especially dance — so much so that she turned her spare bedroom into her own private dance space!

Learn more about Kathy Clayton Coaching: www.kathyclayton.com.

LOGISTICS

Program Hours:

Friday 7-9:30PM

Saturday 9AM - 6PM

Sunday 9AM - 4PM

Location:

Seattle University

901 12th Avenue

Seattle, WA 98122

Room: To Be Determined



Photo courtesy of Becky Mather: beckymather.wordpress.com

Parking:

Visitor parking is available at \$8 per day in Lot P5 at the 12th Ave and East Marion Street parking lot. There is also a parking garage off of Broadway.

Accommodations:

For participants traveling from outside Seattle, The Silver Cloud Seattle Broadway is directly across the street from Seattle University.

For current rate information and reservations, call the hotel at 1-800-590-1801 or visit www.silvercloud.com/seattlebroadway.

Other hotels close to the University are listed on the Seattle University website at www.seattleu.edu/visit/hotels/

You may also look for Air bnb accommodations.

What To Bring:

- An open heart
- An open mind
- A journal
- A pen or writing utensil
- A prayer or poem - something that has heart and meaning to you

Dress for the program is comfortable and casual. Meals are not included. There are ample restaurants in the neighborhood around Seattle University.

Contact:

Terry Paul

Phone: 763-202-1493

Email: motherdaughterweekendworkshop@gmail.com

Please reach out should you have any further questions about the weekend workshop.