

The Relational Dojo

Power & Play

Becoming bolder in your Relationships



Four weekly sessions,
starting 6th Nov 2024
£175

An online course designed to help you deepen the
quality of your relationships through the practice of
Relational Awareness.

WWW.DAPHNE-VANRUN.COM

Course information

In four sessions we will grow, reflect, and build stronger connections in a supportive and practical environment. We will work in pairs and in the wider group.

This course is for you if you would like to:

Explore the dynamics around power:
how you use your power, how you respond to the power of others, and how you conceive of the powers that rule your life.

Gain a clearer sense of self:
your boundaries, permission and responsibilities.

Feel more equipped to deepen your relationships with support of relational awareness practices.

Course Dates (ONLINE)

Wed 6th Nov, 13th Nov, 20th Nov, 27th Nov 2024

Time: 5-7pm UK

Cost: £175 (Concessions available)

To reserve your spot, email connect@daphne-vanrun.com.

About the Facilitator



The Relational Dojo is a concept of Daphne van Run. At the heart of her ever-changing life lies a big passion for societal change and truthful living. She has over a decade of experience with facilitating Relational Awareness* through running Authentic Relating Games Nights, Circling Soirees, Circling workshops and Women's Circles, as well as bringing this into organisational life through coaching, group facilitation and next-level leadership training.

www.daphne-vanrun.com.

*Relational Awareness is based on numerous relational practices. Daphne's particular angle on Relational Awareness has been heavily informed by 13+ years of practice in Circling and Authentic Relating, trainings with Circling Europe, the School of Consent, the Deep Democracy Institute, and the trials and tribulations of the ultimate school called Life.

The Relational Dojo?

The Relational Dojo is both a training ground for practical communication skills as well as a sacred ground to spark, hold and facilitate personal and collective transformation.

You are invited!

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