

EVOLVING YOU – THE NOT SO STRAIGHT LINE WORKSHOP

WHAT IS IT?

Evolving You is a creative, reflective workshop that reveals the true, not-so-straight path of personal growth. We cover the detours, pauses, and breakthroughs that shape who we become.

WHY IS IT IMPACTFUL?

This session normalises the messiness of change and helps people see their experiences with more compassion and clarity. We explore resilience, reframe setbacks, and identify the small shifts that create meaningful momentum.

HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Visually map each participant's personal evolution
- ✓ Exploration of the three forces of transformation: Disruption, Reflection, Action
- ✓ Group storytelling to normalise detours, pauses, and unexpected turns
- ✓ Understand the NOW → NEXT → WHY IT MATTERS framework to identify micro-shifts
- ✓ A closing ritual that captures collective wisdom and forward energy

THE RESULT?

Participants leave with a clearer understanding of their own journey, a renewed sense of self-compassion, and one small, meaningful action to move forward.

