

Flower therapy workshops

a space for you counselling

About me

Farah Chowdhury (she/her)



Hi! I'm Farah, a qualified Integrative Counsellor and Psychotherapist who runs wellbeing workshops with flowers.

During the pandemic I turned to flower arranging as a way to connect back to myself and check in with how I was feeling. I found flowers and nature as an incredible vehicle for creativity and exploration.

Now, as a qualified therapist, I bring together flowers and wellbeing through group workshops, offering a safe and holding space which empowers folk to get creative, connect with themselves and be in community with others.

About Flower Therapy Workshops

What these workshops are:

- a creative way for individuals and groups to get to know themselves and each other
- an opportunity for mindfulness from selection, preparation and arrangement of flowers and foliage
- a chance to connect with and reflect on where participants are and how they're feeling
- a space to be in community with others - through sharing their stories, their flowers and their experience.

Flower Therapy Workshops are great for...

| Community Events | Wellbeing Days | Team Building |



Key Workshop Information

Workshop timings: 1.5 - 2 hours

Workshop length can be adapted

Group Size: 10-15 per workshop

Multiple workshops can be offered through the day to accommodate larger groups

Materials provided:

- *A selection of flowers and foliage in a range of colours, textures and sizes*
- *Conditioning materials*
- *Vessel (vase)/wrap if bouquet*
- *Bag to take floral creation home*



Workshop fees

I offer 3 workshop fee structures:

Charity/community group fee

- covers the cost of materials and a basic facilitator fee

Corporate/for-profit fee

- covers the cost of materials, travel and a facilitator fee which supports the delivery of charity and community workshops

Corporate/for-profit fee + Flowers for good:

- covers all the above and additionally provides funding to deliver a free/significantly discounted charity/community group workshop

Note: Workshop fees vary based on the number of participants.



FEEDBACK FROM PARTICIPANTS

“It’s meant a lot to have this space, to create and do it with someone who is trauma-informed.”

“I really needed this space, just for me, I wish I could do this every week.”

“I started off unsure, judging myself for what I was creating, worried about others. But when I let go of expectations, I found I could create what felt right for me.”

PREVIOUS WORKSHOPS
DELIVERED FOR:



Supporting wellbeing and
recovery from mental ill-health



GET IN TOUCH

Farah@aspaceforyoucounselling.co.uk

www.aspaceforyoucounselling.co.uk/workshops