



You are beloved!

Take some time for yourself to discover or rediscover how deeply loved you are.

This three-hour, virtual mini retreat will take place via Zoom. If you doubt your "belovedness", you are not alone.

Take some time for yourself to unplug, recharge and reconnect. If you're looking to get a clearer picture of who you are and why you have so much to offer to the world, this retreat is for you!

Join me on a 3-hour journey to discover...

**...more about who you are and discover the different parts that make up your beloved self!
...how to connect with God and others without guilt and shame.**

Some of the components of the retreat will be...

- ... Guided meditations**
- ... Live customized coaching**
- ... Parts-mapping of all the parts that make up your beloved self**

FAQs

- *What is a mini-retreat and how is it structured?*
 - This mini-retreat is 3-hours and meets online. The first hour will consist of introductions, a parts-mapping exercise and live coaching. The second hour will focus on a spiritual exercise, guided meditation and facilitated discussion/learning. The third hour will consist of a spiritual exercise and closing prayer and reflection. All three hours will include facilitated discussion and learning.
- *What is parts mapping?*
 - The purpose of parts mapping is to identify the strategic or protective "parts" in our individual system. Everyone has parts and they develop to help us survive. It's important to connect with them to increase self-awareness, self-compassion, and healing. Parts-mapping can also serve to identify the relationship between the parts (ie. the part of you that wants to explore a new career path and the part that wants you to stay safe and secure in the job you have).
- *How much do I have to share?*
 - You can share as much or as little as you want. All who want to will have an opportunity to share.
- *What is all this "Self" talk?*
 - Self is taken from the Internal Family Systems model (IFS) and describes the essence of you; how you came into the world, and who you are when you're feeling calm, compassionate, creative and connected. From a Christian perspective, I like to think of *Self* as *My Beloved Self* --The beloved child of God I was created to be.