

The Healing in Sharing *Workshops*

Most workshops are built around an agenda.
This one is built around creating a space.



Custom-designed experiences
that help women move
forward with greater voice,
connection, and strength.



Designed and Facilitated
by Jen Lee



Created for Your Community

Every experience is thoughtfully shaped around your community, its unique needs, and the season of life your women are walking through.



Space To Connect

Many times, women simply need room to talk. Each workshop creates space for conversation, presence, journaling, and reflection, allowing women to connect in whatever way feels most meaningful.



Meaningful and Lasting

Women leave feeling seen, heard, encouraged, and more deeply connected to themselves, to one another, and to the strengths they already carry.

Perfect for

WOMEN'S GROUPS, FITNESS STUDIOS,
BUSINESSES, NONPROFITS, CHURCHES,
CONFERENCES, & MORE

Every workshop begins with a conversation. Let's start one together.

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