



## Reflective Women

*'If you don't like something, change it.  
If you can't change it, change your attitude.'*

Maya Angelou



**Reflective Women** will enable women to

- Re-think your story
  - reflect on past experiences and how they have impacted on your sense of self
  - use & develop thinking skills
  - develop positive decision-making and self-esteem
- Re-write your story
  - find your voice and tell your lived experience your way
  - set goals for the future to achieve your potential
  - use creativity such as writing, poetry and art
  - create materials to help others

*Reflective Women will be a supportive, creative, mindful thinking environment inspired by the life and words of Maya Angelou.*

Thursdays 11am to 2pm starting 19<sup>th</sup> October 2017

With Thinking Environment Practitioner Lesley Whiting and Writer and Facilitator  
Emma Decent

Come along to any of the sessions or contact Lesley Whiting or Alison Lord  
23 Silver Street, Halifax, HX1 1JN- 01422 386500 ext 220 [www.womencentre.org.uk](http://www.womencentre.org.uk)