

What is a Process of Discovery Workshop?

"Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart."

-Martin Luther King, Jr.

Process of Discovery Workshops

embody the idea that we know more about ourselves than we tend to recognize in the din of everyday living.

Process of Discovery Workshops create time and space for participants to go exploring.

"Your sacred space is where you can find yourself again and again."

- Joseph Campbell

*"We shall not cease
from exploration,
and
the end of all our exploring
will be to arrive
where we started
and know
the place for the first time."*

- T. S. Eliot



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*Offerings
by
Demeter Resolutions, LLC.*

PROCESS OF DISCOVERY WORKSHOPS

Empowering
people to go
exploring.

Living Your Whole Life

Whether you are looking for a new path in life or just the next step, this workshop is for you. Through a series of guided activities and personal exploration time women can find their authentic self and the path to living a whole life, an "integrated" life.

In a three-day retreat format, group sessions are designed to be starters for participants' individual process.

Time between sessions is available for individual reflection, writing and art-play, for discovery, and visioning the future.



We can bring workshops and coaching to you!

Call and talk to us about what your needs are. We can work together to bring these workshop and coaching opportunities to you.

We also offer workshops & coaching for effective interpersonal communication.

"Less Difficult Conversations" & "How to Talk so Kids will Listen and Listen so Kids will Talk."

A More Effective You

You can learn to be more than you think you are through individual coaching. Explore and experience the possibilities for reinventing yourself, whether in your personal life or in your professional life. This opportunity is open to women whether or not you have taken the "Living Your Whole Life Workshop".



Comments from "Living Your Whole Life Workshop" Participants

This workshop was "very helpful in sorting out the pieces and parts of life, then deconstructing and restructuring was enormously useful. Anthe's willingness to stay on topic as she flowed with our needs and directions was wonderful." - Sandy Thomas, Greenfield, MA

"This workshop was immensely helpful to me. I appreciated the structured time for learning and discussion, as well as personal time for quiet reflection and processing."
- Karen Leary, Colchester VT

"I appreciate Anthe's openness and flexibility in delivering this workshop. She is an active listener, philosopher and wise woman who creates the comfortable space needed to operationalize our own life changes."
- J Smith, Jericho, VT

By the Book

Ever wanted to integrate Covey's 7 habits, or avoid the 5 dysfunctions of a team or live Sark's succulent womanhood? "By the Book" is a unique new offering that gives individuals and groups the opportunity to learn and apply the lessons in books on personal and corporate development with a trained educator/facilitator.



About Demeter Resolutions, llc

Anthe Demeter Athas is a mediator, conflict management consultant, and conflict coach. She has been a college educator for over thirty years and founded Demeter Resolutions, llc, to help people find their way to more satisfying solutions both in their personal lives and in their business and professional life.

She is a member of the Association for Conflict Resolution and of Co-counseling International.

Our associates also deal with divorce, family, and workplace mediation.