

# Dancing 'Round the Handbags®

## Overview

*"I used to have dreams and goals for myself! Nowadays my life seems to revolve around dancing to the tunes of others. I have precious little time for myself and find it very difficult to say "no!" to colleagues, family and friends. I dance to many tunes all at once: motherhood, lover, employee, friend, daughter, sister, boss, counsellor, cook, cleaner, wife, sex kitten and more! The sad thing is that I have danced to the tunes of others for such a long time that I have almost forgotten my own music; my dreams, skills and desires feel like they are drowned out forever. I feel tired, worn out and I hardly even know what my music is anymore..."*

Dancing this dance whilst trying to balance work and life, and achieve your dreams, can lead to exhaustion, stress, and often illness. Before it gets to that, why not stop the music for a while, leave the dance floor, look inside the handbag and make some changes that allow you to dance your best life?

Dancing Round the Handbags™ is a non-fiction self-development book and series of workshops, conferences and one-to-one coaching aimed at hard-working business women. It has been developed to use the imagery of the 'handbag' and the 'dance' to support women to create a platform for their self development. The Dance represents what women do each day; dance to the tunes of others. The multiple roles of mother, wife, boss, friend, daughter, lover, cook, and colleague mean that a woman sometimes dances to too many tunes all at once. This results in little time for herself and soon she forgets her own dreams and potential; her own music.

The handbag symbolises the woman herself and each item in the bag is a different aspect of her. For example, her mirror is how she sees herself, her lipstick is the mask she wears to put on a brave face, and of course her diary is about time. Through a number of exercises and insights, she is encouraged to reflect on each item in relation to her own self and life, with the objective of creating balance and goals.

Dancing Round the Handbags® allows women to stop dancing for a while, leave the dance-floor of life, look inside her handbag (herself) and explore her true potential. She will resurrect the talents, motivation and drive to become all that she can be. She will discover how she blocks and sabotages herself to keep safe and maintain the dance. She will explore how others are skilful at maintaining her dance and how they also block her progress. She will explore and begin to manage her work and life priorities effectively, through skills, tools and coaching.



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Improvement comes from de-cluttering and renewing items in the handbag that is her, and going back on the dance floor of life dancing to the tunes that she wants to dance to! She will return to her dance floor of life with renewed, confident energy and a clear sense of which dances *she* wants to dance to and which ones she will just sit out; for her own good.

## Workshops and Coaching

Dancing Round the Handbags® Workshops include the following:

- 1 day Dance Workshops
- 1 Day Handbag workshops (The Dance workshop is a pre-requisite)
- 2-Day Dancing 'Round the Handbags® Retreats
- 3-Day Dancing 'Round the Handbags® Retreats
- One to One Coaching
- Skillsnax 90-minute bite-sized Dancing 'Round the Handbags® sessions (webinar, virtual classroom, face-to-face)
- Public Speaking - 45 minute or 1 hour keynote presentations for events

For further Details, contact:

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## Dance Your Best Life!

