



# WHERE ARE WE GOING.....

..... also involves  
asking the question - where am I going?

Alegra will use the Medicine Wheel to enable individuals to consider their own personal requirements to find balance and harmony. She will then assist the group to collectively explore their current equilibrium alongside their agreed mission and purpose.

The Medicine Wheel is an ancient tool that was used by our ancestors to find balance and harmony. It was used at various levels - from that of an individual and their health, through problem solving and community cohesion, to the relationship with the Earth and the Spirit World. It is still very widely used within indigenous communities and it has a growing use in both personal and professional development.

Alegra will run the Workshop in English, she is however, very used to working with non native English speakers and as long as most of the group have some English it will work!

