



Online Crossroads Retreats

Online Crossroads Retreat - £145 pp

Somehow this feels like a Crossroads time for the whole world! Many of us may be feeling unsettled or challenged quite deeply by what we are experiencing right now. It may be questions around work, or relationships, or just a sense that the world needs something different from us? There may be new feelings and questions stirring within us – maybe grief or sadness at what we sense we are losing, or rising uncertainties about the future and the basis on which we are living our lives, or doubts and frustrations about what we see happening around us.....

Whatever questions are emerging, we always have a choice to face into them or bury them and hope they will go away. We call these threshold questions because when we face into them honestly, we always grow. We just need the right kind of space to help us do this

This is what the retreat space is for – free, held in unconditional listening and acceptance, where we can be wholly ourselves. So with residential retreats not possible, we are pleased to be able to offer a facilitated Crossroads Retreat in a small online community - a bit of time and space to explore your uncertainties, address your questions and determine your own way ahead.

This online retreat runs in 2 formats. Over a weekend:

Friday (1730-1900)

- **Welcome, and 'arriving'**

Saturday (0930-1700)

- **'Where am I at?'**
- **'What do I want...?'**

Sunday (0930-1600)

- **'What are the resources available to me?'**
- **What now?**

Or over a week where we spread the process over 5 afternoons, as follows:

Monday (1400-1600)

- **Welcome, and 'arriving'**

Tuesday (1400-1700)

- **'Where am I at?'**

Wednesday (1400-1700)

- **'What do I want...?'**

Thursday (1400-1700)

- **'What are the resources available to me?'**

Friday (1400-1700)

- **What now?**

Further details and dates for the retreats can be found here:

<https://mygoodway.org/retreats/online-crossroads-retreat>