

What would you like your life to be?

Intensive Journal® Life Context Workshop

Kingscliff NSW

Hosted by St James Anglican Parish

October 17-18 2020

Led by Kate Scholl

The Intensive Journal developed by Ira Progoff combines keeping a journal, with a structured format that enables you to get to know the inner core of your life on an ever-deeper level. It empowers you to gain a fuller perspective of your life and unlock hidden creative potential.

The Intensive Journal® Program can help you to

- Gain greater self-awareness and self-confidence
- Work out career directions and major decisions
- Live more authentically, connected to your deepest values and aspirations
- Develop skills and practices to reflect on all aspects of your life

The Intensive Journal is one of the great inventions of our time. -- Joseph Campbell

Workshop Times: Saturday: 9:30am–4:30pm, **Sunday** 9:30am–4:00pm

Venue: St James Anglican Church, 122 Marine Parade, Kingscliff, NSW <http://apok.org.au/>

Investment: \$170, or \$150 for St James Parish and Eremos Members; \$10 less for early bird.

Bookings essential by 12 October. \$10 Early bird discount for bookings made by 20 September. Use this link to book: <https://www.trybooking.com/BHBSH>

More details on the Eremos website: [Kingscliff Intensive Journal](#)

Morning and afternoon tea plus all materials provided. Bring your lunch and a 3 ring binder.

www.eremos.org.au

Eremos, an ecumenical network, provides a forum for spiritual exploration in Australia.



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