

Coaching with Mandalas



Join us for a unique one day workshop exploring the use of Mandalas as projective coaching tools, helping you to reach greater depths with your clients, create powerful insights and achieve lasting change.



If we spend time working only with our rational mind, we are only ever likely to get half of the story. If we want to truly nurture our own personal growth then we need to connect to our inner self – our subconscious mind – using a mirror to reflect what is hidden within. The Mandala is such a mirror, and through the Mandala we can see what is at play in our subconscious mind and directly influence our conscious thoughts and behaviours.

The word Mandala is Sanskrit for circle and the act of drawing a Mandala creates a harmonious relationship between the mind, body and spirit.

We view the world through symbols and metaphors. And these symbols and metaphors play a huge role in helping us make sense of the world around us and inside us. It is how we communicate with each other and with ourselves.

The Mandala provides a holistic reflection of what is going on inside our subconscious mind balanced against our present reality. By exploring the shapes, colours, and forms that emerge inside the Mandala, we gain a deeper understanding of ourselves and how things are working in our lives. We see the world not as it is, but as we are.

Personal growth is best achieved through a balanced approach that explores both conscious and subconscious forces, and one of the best tools for exploring those subconscious forces is the Mandala.



Join us for this unique one day exploration that will take you and your clients on journeys that you had never imagined possible.

Contact us for more details of this unique and very special one day workshop

This is so unique that we are still working on locations and dates - this is your chance to be sure that we run a workshop that works for you, perhaps in your town, business or local group.

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