



**SISTER STORIES FACILITATION TRAINING  
FEBRUARY 2024**

**An In Depth Programme to become a Circle Facilitator**

A close-up photograph of a woman's face, smiling warmly, looking down. She is surrounded by a bouquet of flowers, including a large orange rose and smaller pink and red blossoms. In the foreground, two lit yellow candles provide a soft, warm glow. The background is dark and out of focus.

**WELCOME TO THE MOVEMENT.**

Imagine a world where going to circle is as common & widely accepted as going to a yoga class.

Imagine a world where authenticity, connection & compassion are values that are held above individualism, competition & fear of showing who we really are.

Imagine a world where the healing power of sharing stories ripples out from circles into households, relationships, workplaces, parenting & creates a more conscious, connected society.

Imagine being part of creating this change. Imagine how your life would change.

**This is the vision.**

**Will you join us?**

## YOU'RE IN THE RIGHT PLACE IF

- You feel strongly called to facilitate sisterhood and want to make an impact in the world.
- You desire to facilitate groups in a way that feels deeply nourishing, soulful and full of purpose.
- You wish to make a contribution to the world and be part of a global movement of women spreading the magic of Circle
- You long to feel empowered and graceful in your leadership and as a facilitator.
- You want to take a voyage of personal transformation and discovery as you move towards doing this precious work.
- You want a structured, tried and tested training to hold your hand & help you to learn within a vibrant, supportive community so you emerge feeling confident about leading your own spaces.



## HOW WILL LIFE FEEL WHEN

- You are holding Circle regularly and it provides you with community, inspiration, personal growth and a deep sense purpose.
- You have the knowledge, tools, inner trust and support to create the kind of Circle space you most long for in your own life.
- You have a thriving community of women who seek out your Circles for solace, inspiration, joy & growth.
- You are part of a global movement of positive impact as you help spread the transformative magic of Circle across the world.



## A WORLD CLASS, CPD ACCREDITED TRAINING

This training is accredited by the CPD certification service, a mark of quality, rigour and professionalism.

This is a huge step for our mission to take circle mainstream.

There has been an in depth assessment of the training by this prestigious body to check the training and learning methods, and it is such an honour for such a soul-led yet practical course to achieve this world-class recognition.

Now, for those who are interested in bringing their circle work into more 'traditional' environments, having this recognition will be a huge support. To find out more about the CPD accreditation, please see our faqs at the bottom of the page.



# THE CIRCLE FACILITATION TRAINING

This Facilitator Training is designed to give you the practical, emotional and spiritual tools to step into Circle leadership & create your very own Circle format to share with the world.

You may be experienced in attending Women's Circles or you may never have sat in Circle but are brimming with curiosity; this training is designed to support both those who are brand new to circles & those who are looking to deepen their relationship to Circle. The training provides a robust Facilitation Framework whilst supporting you to honour your own rhythms & intuitive guidance.

If you value the power of Community and yearn to be part of a powerful network of women doing this important work in the world, you will love the unique way in which we ensure you don't just come away with tools & skills, but come away with a group of devoted peer mentors, confidantes and friends.

This is an opportunity for you to step into your feminine leadership, to become a lighthouse for other women in your community and to take the gentle yet bold step of leading women in Circle.



## THE CIRCLE FACILITATION TRAINING


This comprehensive 4 month online training means you can join from anywhere in the world.

With live classes held every two weeks, opportunities to attend Circles facilitated by a variety of guest mentors and a community learning space, this programme will mean that you haven't just learned about the core elements of Circle; you have lived them.

You will have felt them in your bones, integrated them into your heart and experienced the transformative power of Circle space first hand, so you can take this beautiful work forward full of knowledge, confidence and with the power of community behind you.

All of our live calls will be recorded and you will be supported by additional Q&A sessions with me to help you with the design of your individual Circle and a library of learning resources on Teachable, which you can come back to again and again.

# SISTER STORIES CIRCLE FACILITATION FRAMEWORK AND CURRICULUM



Stepping into circle leadership is a journey of inner and outer transformation. Dazzling in its simplicity, and daunting in its complexity, holding space for a group of women takes skill, compassion & courage.

The facilitator training is designed to give you the practical and emotional tools to step into circle leadership and to design your very own Circle to offer out to your community.

Our framework combines the crucial aspects of Circle theory, design & facilitation skills with the emotional, energetic & intuitive, ensuring you are not only practically ready to lead Circle, but that you have a brimming emotional toolkit.





# **SISTER STORIES CIRCLE FACILITATION FRAMEWORK AND CURRICULUM**

In order to allow magic to be created, it is my experience that we need a beautiful, structured container, and this training will lead you through 6 carefully designed pillars:

**PILLAR 1 : CIRCLE IMMERSION**

**PILLAR 2 : THE MISSION**

**PILLAR 3 : CORE FACILITATION PRINCIPLES**

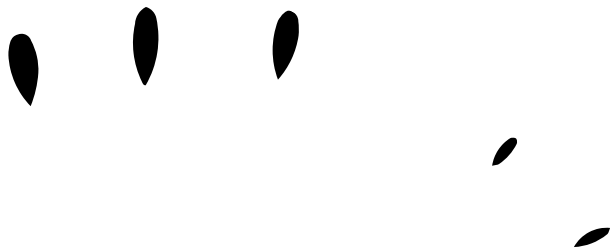
**PILLAR 4 : DESIGNING YOUR CIRCLE**

**PILLAR 5 : SOULFUL MARKETING & THE BASICS OF BUSINESS**

**PILLAR 6 : EMBODIED PRACTICE & INTEGRATION**

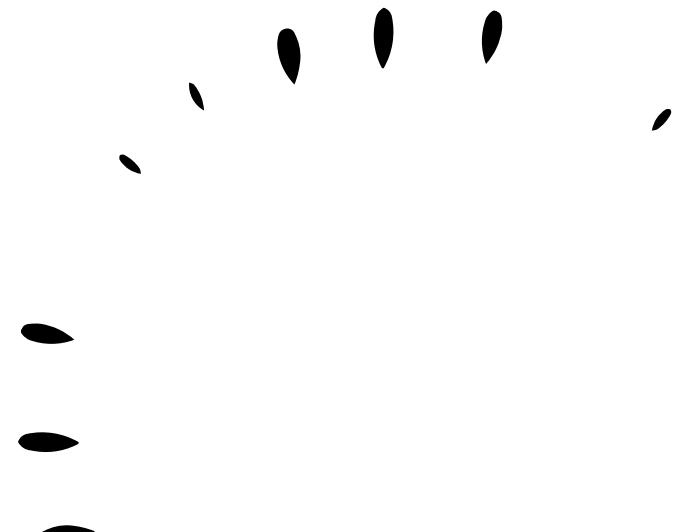
## PILLAR 1 : CIRCLE IMMERSION

- The History of Circle- placing our learning in the rich lineage of what has gone before, paying homage to the traditions from which our work has emerged and been sustained.
- Circle, Ritual & Ceremony- exploring your own relationship to these traditions so you can develop a deep and personal dialogue with the work.
- Immersion in the Space- experiencing a variety of Circles delivered by our guest mentors, to feel first hand the importance of individual expression.



## PILLAR 2 : THE MISSION

- Guided masterclass to connect you to your most vital, radical and beautiful mission for the impact Circle can have in the world, to provide strong foundations to your work.
- Your Unique Expression: identifying your gifts, interests, passions and desires and how can you start to transmute them into your Circle offering.
- A powerful group session in which we weave a tapestry of our individual and shared vision for the world, which will act as beautiful inspiration in times when doing the work feels hard.



## PILLAR 3 : CORE FACILITATION PRINCIPLES

- Masterclass in the core elements of Circle, why they're important and how to translate them into practice.
- How to create strong group agreements to allow the space to feel secure and allow brave sharing.
- Defining your scope of practice- ensuring you can bring a professional approach to your Circle work & creating clear boundaries around what you are and aren't qualified to do.
- The Ethical Circle- your commitment to a code of practice.

## PILLAR 4 : DESIGNING YOUR CIRCLE

- Masterclass in what the core “Sister Stories” format is, as a foundational pillar on which you can build your own Circle format.
- A Creative Framework to support you in designing your Circle.
- Q&A support to receive feedback & develop your individual Circle format.
- Practice sessions in which you can test elements of your format with the group so you can develop clarity & confidence.

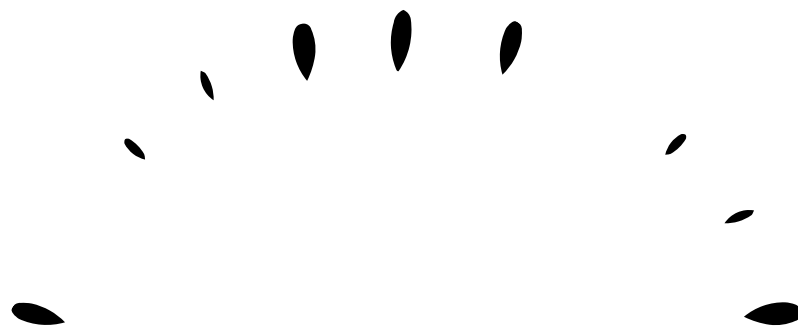


## PILLAR 5 : SOULFUL MARKETING & THE BASICS OF BUSINESS

- How to connect to your ideal client.
- How to create clear, soulful & magnetic Circle invitations.
- Inspiration for creating a visual brand.
- In depth training on the Basics of Business with Gayle Berry- Founder of Blossom & Berry who will bring her 20 years of business experience to share with you.

## PILLAR 6 : EMBODIED PRACTICE & INTEGRATION

- Working with nervous system regulation as a tool to support your Facilitation practice.
- Heartmath masterclass- how to harness the power of the heart to ensure you bring presence, compassion & calm to your spaces.
- Celebration ceremony- integrating all you have learned & being celebrated as you walk the path to starting your Circle.



## PLUS: NEW FOR 2024

In addition to all the support available to you on the live calls and online course, we are adding a weekly Accountability & Support call, for you to make the most of the course, check in, receive additional help and really dive into the materials with both feet.



## MEET YOUR MENTORS



### **GEMMA BRADY** **FOUNDER OF SISTER STORIES**

It is my mission in life to help women step into creating, holding & being in a relationship with Circle.

I have supported hundreds of women in stepping to Circle leadership & have seen lives change as a result.

# I'VE UNDERTAKEN TRAINING WITH SOME OF THE WORLD'S BEST MENTORS AND TEACHERS TO ASSIST MY JOURNEY IN HOLDING SPACE:

- Narrative Therapy training with the Institute of Narrative Therapy
- Pause Place Practitioner Training- cultivating love, presence & connection with Katie Abbott
- Beautiful You Coaching Academy Training with Julie Parker
- Two years of Mentorship with Nisha Moodley, founder of Global Sisterhood Day
- Heartmath Coach Certification with Heartmath Institute UK
- Trauma Informed Space holding training with Katie Kurtz
- Sacred Inclusion training with Eva Glamaris



With 14 years of experience as documentary storyteller, I bring a wide range of space holding experience to our training and learning community.

I am committed to my personal and professional development, infusing all of my teachings with the wisdom I have learned from these great teachers. As a space holder I believe it is my responsibility to engage in supervision and support to ensure I can support those who train with me at a deep level.

I take holding inclusive spaces very seriously & am perpetually engaged in anti-racism training and working with my blindspots.

The deepest intention of my work is to create nourishing learning environments in which the ancient magic of Circle can be passed into the hands of a movement of dedicated facilitators who can take it out into their communities with love, devotion & hope.

Over the years I have cultivated a reputation as a trusted guide, mentor and offer all my students care, compassion and an approach centred on integrity.

It is my belief that Circle is a powerful agent for change in the world and I'm here to help you be part of it in a soulful, conscious and responsible way.

Leading Circle has been the catalyst to an entire life transformation. I have found the courage to do the work my heart truly desires. I have moved to the sea. I have been able to express myself more confidently, articulately and with the type of authenticity I never could have done before.

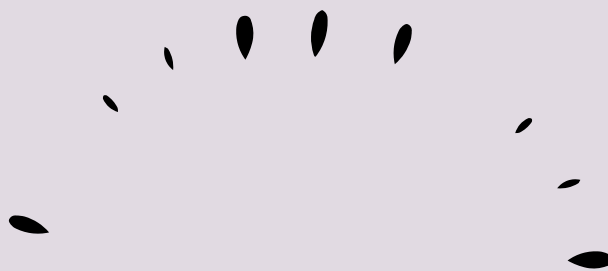
and much more than that, I have seen the impact of what taking those first uncomfortable steps into Circle leadership has done for others. Without individuals taking that courageous step to offer Circles to their community, the opportunity for others to experience their life-giving & healing transformation isn't possible.

What started as a hobby has become my life commitment- I am dedicating myself to creating a global revolution of space holders showing up, spreading the magic of Circle & allowing its healing, transformative power to create a more connected, compassionate world.

**I'm offering this training to invite you to be a part of it.**

**To take those courageous steps into offering life-changing work.**

**Are you feeling the call?**



## FACILITATION SUPPORT GUIDE




### LUCY LEE YOUR FACILITATION SUPPORT GUIDE & GRADUATE OF THIS TRAINING

“From the moment I sat in my first Women’s Circle in 2017, I had a deep, soul-level knowing that one day I would hold Circles of my own.

Training with Sister Stories gave me all the resources, confidence and support that I needed to finally show up and step into doing the work I feel in my heart I am here to do.

It is the greatest honour to now be one of your guides on this journey - to walk this path with you and witness all the magic, love & connection that I know this course will bring to your life.”



“I don’t think I’ll ever be able to find the words to truly capture just how much Women’s Circles have changed my life.

I have experienced and trained in several healing modalities but there’s nothing quite like the healing that I have found in the beautifully simple, yet incredibly profound space that is created when Women sit together.

I believe Circles were my first experience of being truly seen, truly heard and truly held.

It is now my greatest mission to create spaces where others get to experience the same.

As you journey through this utterly life-changing training, I will be here to support you, honour you and celebrate you, every step of the way.”

LUCY LEE

MEET YOUR GUEST TEACHERS

## GUEST TEACHER



### **THE BASICS OF SOULFUL BRANDING & MARKETING: GUEST MODULE WITH GAYLE BERRY FOUNDER OF BLOSSOM & BERRY**

Gayle Berry is the founder and leader of Blossom & Berry Baby Massage & Yoga. She has grown Blossom & Berry from a small local business to be a global leader in the field of mother and baby wellness with over 1000 baby massage and yoga teachers across the world generating a six-figure turnover. She has launched a sister site in Spanish and has trained across the world in locations including Mexico, Dubai, Australia and Italy. Gayle leads a team of seven with love

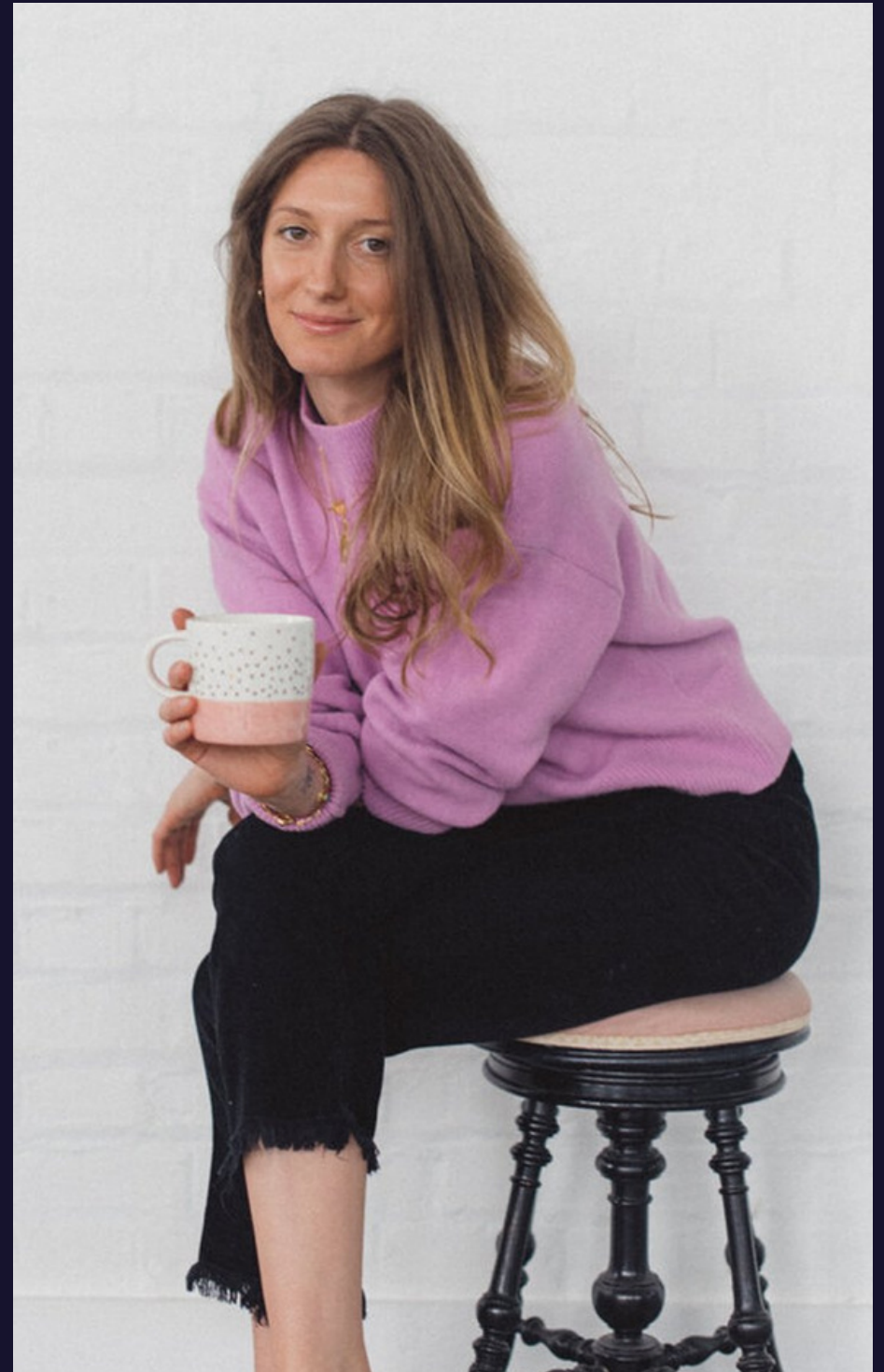


## GUEST TEACHER

### TRAUMA INFORMED CIRCLE HOLDING & NERVOUS SYSTEM REGULATION: GUEST MODULE WITH CLAIRE ROTHER

Claire Rother MSc is a somatic practitioner, nervous system expert, trauma coach and integrative health specialist with over 10 years experience working with women to help them heal, grow and improve their physical, mental and emotional wellbeing. She brings her vast experience of working with the nervous system to help you learn to regulate yourself and support your Circle participants as you hold space.

This guest module is packed full of practical tips, exercises and tools that won't just support your space holding, but will support you in all areas of your life.



## GUEST TEACHER



### VOICE WORKSHOP: AMELIA DONKOR

Amelia is an actor, maker, yogi and facilitator. She trained with Sister Stories in 2019 and since 2020 has been part of the Facilitation team.

A career in the theatre has been a spring board for storytelling but it's in circle with other women she feels tender connection and authenticity. Amelia's approach is with simplicity and warmth, and a deep belief that every woman should be heard.

This potent voice workshop will invite you into a new relationship with your voice, to support your work with Circle and beyond.

## GUEST TEACHER

### SOPHIE HOWARTH: POETRY & CIRCLE



Across an eclectic career spanning the arts, activism, social enterprise and government, Sophie has taught creativity and change-making for over twenty years and held leadership positions in some of the most creative institutions in the world.

She was the Co-Founder and first Director of The School of Life, and before that Curator of Public Programmes at Tate Modern.

She is the author of several books including Looking at Trees, The Mindful Photographer, Street Photography Now and Family Photography Now.

As a seasoned Facilitator and contributor to Sister Stories, Sophie will lead us through a powerful workshop in how to enrich your Circles with Poetry.

## GUEST TEACHER



### **HOLDING SPACE FOR GRIEF: NICI HARRISON**

Nici is a grief worker and transformational coach. She holds space for grief, within group circles and for individuals.

In this session she will share her experience of Grief Tending and holding space for grief as a gateway to developing your own skills & confidence in working with grief in your spaces.

## GUEST TEACHER

**EVA GLAMARIS; BSN, M.DIV, M.A, PCC**

Nurse. Theologian. Mental Health Therapist.  
Military Chaplain. Pastor. Life Coach. Writer.  
Businesswoman. Educator. Facilitator.

Racially Profiled. Wrongfully Accused.  
Physically Assaulted.

All of these experiences have informed the way Eva shows up in the world as an instrument of liberation in a space that is bound by power and fear. As the creator, educator, and facilitator of Sacred Inclusion, Eva holds the space for deeper exploration, taking sincere, committed white women leaders through a journey that addresses the conscious & unconscious ways in which harm is perpetrated towards people of color (POC) so they can learn to create truly inclusive and safer spaces.



## THIS TRAINING IS FOR YOU IF:

- You feel strongly called to facilitate sisterhood & want to make an impact in the world.
- You are ready to say ‘yes’ to an opportunity that could transform both you and the community you live in.
- You value a supportive, nurturing environment in which to take the leap and grow.
- You feel aligned with our Values and Mission .
- You are not afraid to ‘do the work’ and are committed to taking the action needed to get a successful Circle up and running in your community.
- You are committed to developing yourself, your feminine leadership and are looking for a space in which to be held while you defy your own expectations of what is possible.

## THIS TRAINING IS FOR YOU IF:

- You have some experience of holding space. What this experience looks like can take many forms. Our current facilitators come from a wide range of backgrounds from yoga teachers and coaches to filmmakers, charity sector workers and corporate backgrounds.
- You absolutely love the idea of being on a journey of creation, depth, adventure and purpose alongside a group of fabulous women.
- The training is designed for those who are looking to lead circles but is also a healing journey in itself. Women who attended the previous trainings found it was a bigger journey of self discovery and coming home to themselves. If you are curious about whether the experience is for you and want to hear first hand what it involves, we can connect to you to women who have trained previously.



## THIS TRAINING IS NOT FOR YOU IF:

- You do not thrive in group environments and prefer 1:1 learning. This experience is designed to be enriched by taking part in community and we are looking for women who will actively contribute as well as receive.
- You are not willing to commit time, energy and resources to training as a facilitator and getting your groups up and running. We will give you all the training and support you need to get started and hold beautiful circles. Your role is then to take this work out into the world and spread the word in your local community.
- You do not enjoy personal development, working with your own triggers and approaching challenges with curiosity. Holding space for other women is nourishing, rewarding and can also uncover new areas of emotional development we must undertake.



## **YOUR TIME IS NOW...**

It can be daunting to make a decision that requires emotional, spiritual & financial commitment. Yet, these places outside our comfort zone are the spaces where true change happens.

Sister Stories Facilitation Training can support all areas of your life: it shines a new light on existing relationships, allowing new depths to emerge. It opens doors to new & unexpected connections & friendships. It connects you to something ancient, primal & deeply feminine. Facilitation work can be done alongside a job, as a mother, as a carer, single or in a relationship.

It is an opportunity to be part of global network of women who, Circle by Circle, are bringing more connection, compassion & much needed real-life community to our planet. You will be supported every step of the way. You will be held by the group. You will receive training at the highest level & feel yourself sink into the essence of your feminine leadership that was there all along.

**This is transformational work.**

**We hope you choose to say 'yes' to this invitation. We welcome our arms to you.**

**Come on in.**

## FORMAT AND DATES

This training will be held over zoom, so you can join anywhere in the world.

Everyone learns in different ways, so this course is made up of self-study materials on teachable, that you can work through in your own time and come back to again and again, live group calls, facilitated circles and masterclasses.

Our core group calls will be held at the times below, which is your chance to gather as a group, ask questions, test out facilitation methods and much more.

Guest mentor sessions and guest facilitator circles will be available to you in addition to these calls & will be scheduled once the group is formed, to ensure as many people as possible have the opportunity to access them.

One of the unique elements of this training is the strong community it creates; women that train with sister stories tend to form bonds that last for years, so we ask that you enter this training with the intention to commit to the group and attending the live calls.



## LIVE CALLS: DATES AND TIMES

All times are UK time. We will be running 2 cohorts for this training, one at 1pm UK time and one at 7pm UK time. Please choose which cohort you would like to be part of upon booking.

### THE CORE LIVE DATES ARE:

#### Group 1

(1PM GROUP)

8TH FEBRUARY  
22ND FEBRUARY  
7TH MARCH  
21ST MARCH  
4TH APRIL  
18TH APRIL  
2ND MAY  
16TH MAY  
30TH MAY

#### Group 2

(7PM GROUP)

8TH FEBRUARY  
22ND FEBRUARY  
7TH MARCH  
21ST MARCH  
4TH APRIL  
18TH APRIL  
2ND MAY  
16TH MAY  
30TH MAY

The weekly Accountability & Support Calls will be on Mondays at 1pm UK time and will be recorded. If you're in a different time zone, you are welcome to submit questions in advance to benefit from the call. These calls are optional.

# THE INVESTMENT

EARLY BIRD OFFER

PAY IN FULL

£1980 including VAT

~~£2250~~

EARLY BIRD OFFER

3 MONTH  
PAYMENT PLAN

£685 including VAT

~~£692~~

EARLY BIRD OFFER

6 MONTH  
PAYMENT PLAN

£343 including VAT

~~£347~~

EARLY BIRD OFFER

9 MONTH  
PAYMENT PLAN

£229 including VAT

~~£232~~

EARLY BIRD OFFER

12 MONTH  
PAYMENT PLAN

£172 including VAT

~~£187.50~~

## BURSARY

We are delighted to offer a limited number places as full or partial bursary for those who are ready to commit to the training but do not have the financial means to do so. To apply for a bursary place, [please click here](#).

We ask that if applying, you do so because you are in genuine financial need and we will ask you to consider yourself against a number of key criteria.



## NEXT STEPS...

If you feel this is the right training for you, we invite you to join us using the below links.

If you need some 1:1 support to decide whether it is right for you, please book a call with **Gemma Brady, Founder of Sister Stories** to discuss below.

[BOOK A CALL WITH GEMMA](#)

[FEBRUARY 2024 CIRCLE FACILITATION TRAINING 1PM COHORT](#)

[FEBRUARY 2024 CIRCLE FACILITATION TRAINING 7PM COHORT](#)

# TESTIMONIALS

“The Circle Leaders Facilitation course supported me to understand my purpose and what fuel I needed for this journey of connection, community, presence & leadership...

You will be guided to connect to the rhythm of living from your heart and allowing the ripple to flow out and into your community.”

Lynette Greenaway



“A week [after the training] and I feel wonderful. I’m not sure what has happened this past week, all I know is that something shifted. I truly want to thank you from the bottom of my heart. I feel as if I’ve stepped into a part of my power that I never knew I had and it feels beautiful.

The training covered so much including the history of circles, how to lead our own, as well as the important business and admin stuff. There was lots of time to ask questions and get to know each other, spending a whole weekend immersed in the magic of Sister Stories with 12 other women is something I’ll never forget. I came away feeling so excited and, most importantly, prepared to starting leading my own circles. I cannot wait to share this special experience with lots of other brilliant women.”

— Priya Shah

“The training was a reminder that I believe in myself, that I believe in women, and wow does that feel good. I’m crossing a threshold into something new and I’m ready to make space, to stoke fires, to open my heart.”

– Amelia Donkor

"I've done lots of courses but this has been the best one I've ever done and has my confidence and self worth."

— Michelle Morrow

“The training was a magical and awe-inspiring experience that I’ll never forget.

Gemma is an invaluable guide, supporting throughout the whole practice.”

— Carlota Gil Carretero



“When the invitation to join the Sister Stories facilitation course came I felt such a strong pull, a sense that it was exactly what I needed to be doing. Everyone who attended had different experiences, some had been to the very first circle, and some hadn’t been at all, but they also all felt they were exactly where they needed to be.

The training covered so much including the history of circles, how to lead our own, as well as the important business and admin stuff. There was lots of time to ask questions and get to know each other, spending a whole weekend immersed in the magic of Sister Stories with 12 other women is something I’ll never forget. I came away feeling so excited and, most importantly, prepared to starting leading my own circles. I cannot wait to share this special experience with lots of other brilliant women.”

— Holly Smith

“I would recommend Sister Stories training to any woman who feels called - it is without doubt one of the best personal investments I’ve ever made.

This world needs circles and the more ripples they create, the greater the level of change that can occur both personally and globally.”

— Janine Begley



“The training felt really personal and I felt really supported, like I was able to purge out any fears I had and to know that others had the same stuff coming up. It also felt really practical, like a step by step process. By the end I felt really capable to do it.”

Ellie Dobbie

““Attending a Sister Stories circle for the first time was so humbling, so sweet and so powerful and supportive with women that I had not even met before. I knew immediately that I wanted to return. What I did not expect during the days that followed were new beginnings. I found myself celebrating the beauty of what was about to be, but was unknown, and that was that I wanted to lead a circle. The act of telling our stories really did have a profound effect on me. Such unity and strength when women sit together...”

— Lynette Greenaway



“I was drawn to do the Sister Stories training because of a craving for softness, femininity and community. I was changing my life and knew I needed to experience the presence of women with deep hearts and brave souls, knew that I needed to learn my place amongst them, to learn belonging so that I could then extend that gift to others. Only that I often think about how lucky I have been to be even a small part of something so very special. I think and speak about my experience with sister stories often and feel profoundly changed by it and somehow still held by it from afar”

— Rachel Rafferty