

THE JOY STUDIO

HEAL • DREAM • CREATE • REST

GROWTH CLUBS 2017- JHB

INFORMATION

Angela Deutschmann is a personal growth specialist from Johannesburg whose practice is focused on personal and collective evolution, specifically through an understanding of, and a commitment to, Joy. Angela offers many paths to this, including facilitated growth clubs.

What is a Growth Club?

An intimate group of no more than 6 members that commits to their own, and each other's, personal development for a year. The group meets once a month for a growth session, which will be facilitated by Angela Deutschmann.

What is the purpose of a Growth Session?

The purpose is threefold:

- **Involve**
Involve yourself in the growth of other members in an honest and constructive manner, allowing them to be involved with you in the same way. Move beyond only isolated growth activities (reading, therapy etc) into the beauty and synchronicity of inter-dependence and support.
- **Inspire**
Inspire yourself and others by being exposed to new knowledge about Joy, shared books and insights, and real-life practices.
- **Integrate**
Integrate your highest wisdom and your everyday behaviour. Commit to next steps that will allow you to put your awareness where it's really needed – in the practical details of your life.

What happens at a Growth Session?

Growth sessions will be loosely facilitated by Angela to ensure high levels of productivity, focus and challenge. Activities may include sharing and feedback, Shadow work, games, book and film discussions, personal pain work or stillness exercises. Her model for Joy (HEAL / DREAM / CREATE / REST) forms the platform for all the work that is done in the Growth Club year.

How are the groups formed?

- People who are already acquainted and relate well to each other may form their own group or
- Individuals may approach Angela for inclusion in an appropriate group

What are the costs?

- A year's membership of a Growth Club in 2017 will cost R 6 800.00
- 50% of this fee (R 3400.00) is to be paid up by 30 January and the remaining 50% by 15 June.
- If you wish to pay the full amount upfront, a 10% discount will be offered, making the total due R6120.00.
- A non-refundable deposit of R1500.00 is required to secure one of the limited spaces. This can be deducted off the final amount due.
- Please make payments to Angela Deutschmann, Standard Bank, Rosebank 004305, Cheque account number 401795357
- This amount includes tea, coffee and rusks at all sessions as well as any materials used. It does not include the cost of the Jump workshop.

What will you be committing to?

1. One facilitated growth session of at least 3 hours per month for eleven months (attendance is compulsory)
2. Intimate, honest and constructive sharing
3. Taking responsibility for your own and your group's progress
4. Honouring the time-and-direction guidance of the facilitator
5. Timely payment

What will Angela be committing to?

1. Facilitating one growth session of at least 3 hours per month for eleven months
2. Providing honest, challenging and constructive feedback
3. Exposing the group to new knowledge and modalities
4. Ensuring opportunities for involvement, inspiration and integration
5. Keeping within boundaries (e.g. time) set by the group
6. Taking care of planning, logistics and refreshments

Most groups choose to enhance their twelve months together by going on a weekend workshop (Jump) with Angela at a mountain retreat in Mpumalanga. This is optional and will be discussed with the group as the year progresses.

What are the benefits of joining Angela's Spiritual Growth Club?

- ✓ Continual exposure to new learning and thinking
- ✓ Practical, honest and creative input on your life
- ✓ Accountability to a supportive group
- ✓ Opportunity for intimate sharing with people who are dedicated to making their lives work
- ✓ A safe and challenging space in which to continually integrate your learning experiences into everyday life
- ✓ Shared access to books and other resources

How do I join?

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NEXT ENROLLMENT DEADLINE 30 January 2017