

The Life Map Journey Workshop

Led by: Elizabeth Elliott

Description:

As an experienced life coach and mentor, Elizabeth has coached and mentored people, young and older for 20 years towards clearer direction and enriched lives, with a heart for embracing both life's joys and brokenness having lived through depression.... she discovered the hidden treasures which proved to be a lifechanging adventure.

The day will provide a tool for seekers on life's journey.....and provide a fresh look at life so far...this will include a look at: living from gratitude for all the good and happy, facing and making use of trials and setbacks and learning from both carefree and sadder times.

You will receive encouraging support as you stop, look and listen; chances to hear and learn from others' stories; your own created life journey map to treasure.

More Detail:

Timings: 10:00am-4:00pm

Venue: Compass House

Compass House is the second building along on the right and opposite the lower end of the Abbey car park.

Tea and coffee will be available, but please bring a packed lunch.

Advance booking is essential as places are limited.

By Rail

Three Bridges Station is approximately 4 miles from Worth.

You are advised to take a taxi from there as there is no direct bus route.

By Road

Worth Abbey is located close to Crawley and the M23, just 32 miles from London and 22 miles from Brighton, making it easily accessible via the UK road network.

Sat Nav: Use postcode RH10 4SB.

Worth Abbey

Paddockhurst Road, Turners Hill

Crawley RH10 4SB

Tel: 01342 710318

www.worth.co.uk

www.worthabbey.net

Robert & Elizabeth Elliott

www.treasuresofdarkness.co.uk

Read Elizabeth's story [here](#)