

Sunday Scaries Club - starts 8 March 🍵

Sunday Scaries Club is *an online space for women who want quality company and self-connection* before the week kicks in.

If you've ever felt like the weekend was a lot... and the week ahead looks like a lot too... this is a space for you.

I'm imagining Sunday Scaries as a big fat cushion like [this](#)->>

... a place you come back to where you know you can flop and be just as you are. Where you can enjoy the company, and at the same time feel more connected to yourself. So that, by the end of Sunday eve, you might even feel enthusiastic about Monday, and meeting the parts of your life where you're being challenged.



A typical session will include:

Guided grounding — time to slow down and find out how you are — following your body's signals.

Connection and sharing — first in pairs, then as a group. I'll support you with some simple practices in empathic listening, so everyone gets the experience of being heard and you can enjoy a relaxed way of listening.

Tuning in to your needs — and preparing for the week from there. Do you need rest, play, company, acceptance... something else? You'll have time to uncover what needs are there, play at generating ideas to meet your needs, and take a few simple actions to support yourself in the days ahead.

🕒 **Sundays, 6:00–7:30pm GMT (UK time), online**

📅 **Starts 8 Mar, with an extended session to get us started (6:00-8:00)**

💰 **Pay What You Feel at the end of the month**

👥 **Spaces limited to 16**

Watch: [what Sunday Scaries Club is all about](#)

Sign up for Sunday Scaries Club [here](#)

Hello,

I'm Emily. I'm a conflict skills facilitator and mediator, with a background in social cohesion and counter-extremism.



What does this have to do with Sunday Scaries Club? I'm offering a space where women in particular can experience being heard, in whatever version of yourself you turn up with. And where you have the chance to hear the diverse parts of yourself.

I believe there's a direct connection between us tuning in to hear the diverse parts of ourselves, listening to one another, and contributing to a less divided world.

If you want to connect or chat, reach out to me on [LinkedIn](#) or via email: emily@emdanby.uk

Sign up for Sunday Scaries [here](#)