

From: **Sharon Bull** <sharon@acompassionatevoice.co.uk>

Date: Tue, 11 Mar 2025 at 07:56

Subject: INSPIRING GIRLS JOURNALLING WORKSHOPS FROM EASTER 2025

Hi everyone,

We are thrilled to announce our brand-new **Girls' Journaling Workshops** (ages 10-18), supported by **BBC Children in Need** since October 2023! These transformative workshops kick off during the Easter holidays, and with three-year funding support, we hope to empower young girls just as we have been inspiring women since 2019.

Workshops Overview:

This is ME (10-15 years) The Power of YOU (16-18 years)

Each workshop is designed to empower attendees to find their voice and build self-esteem. We will cover crucial topics such as:

- **The importance of self-love**
- **Overcoming fears and anxiety**
- **Body image**
- **Online safety**
- **Future aspirations and personal growth**

Our goal is for attendees to understand their worth, celebrate diversity, and embrace inclusivity. We emphasise the significance of differences in skin colour, gender, disability, race, background, and talents, fostering a world where everyone is equally important.

We already have 12 workshops scheduled across 2025, with more to follow in Derbyshire, Ashfield, and Mansfield.

Please share with schools/colleges, services, parents, guardians etc

Please find attached our detailed [PDF poster](#) and [new 4-page informational leaflet](#). Printed materials are available on request (posters in A4, A3, and laminated for outdoor use). Eventbrite link below for dates and venues

<https://www.eventbrite.com/cc/this-is-methe-power-of-you-workshops-for-girls-2003969>

Compassionate Voices prioritises strict safeguarding procedures and is committed to providing a welcoming, safe, inclusive environment.

For further information or to request posters and leaflets, please do not hesitate to contact us.

Warmest wishes,

Sharon

--



Sharon Bull

Founder and Company Director of Compassionate Voices CIC, Public Speaker and Author of Thirty Years in Silence

Compassionate Voices CIC's mission is to empower women and girls through transformative journalling workshops. Working collaboratively with a dedicated team, we are successfully amplifying the voices of underrepresented groups and facilitating personal growth within the community.

Registration number 12079728

Contact no: 07894 101995

Mon - Thurs 8:30am - 6:00pm.

Fri - 8:30am - 5:00pm

'Sharon Bull delivered a series of inspirational inputs to colleagues at Nottinghamshire Police. Sharon shared her personal story which encouraged other individuals to open up about their personal challenges. The input was interactive, well delivered and held the attendees attention throughout the session, especially the Stripped Bare poem. This was enabled by her warm and friendly personality. Colleagues found the input very thought provoking.'

'Sharon also volunteered to stay after her input and spoke to a number of attendees. We received lots of positive feedback from the attendees and we will consider further opportunities to engage with Sharon.'

Jasvir Ginda

Policy and Wellbeing Partner

People Services

Nottinghamshire Police

'If anyone has the capability and personality to lift the lid on mental health, Sharon has.' - **Jools Holland OBE**

www.acompassionatevoice.co.uk

[Check out upcoming workshops activities & events](#)

[Follow Compassionate Voices on Facebook](#)

[Follow Compassionate Voices on Instagram](#)

[BBC Morning Live 16th Jan 2025 10:05](#)

[GB News -30 Minutes in](#)

[BBC'S Inside Out Preview for 15/1/18](#)

[This Morning Interview](#)

[Stella Telegraph](#)