

SPENT



Non-events for exhausted people
Oct–Nov 22

You're probably exhausted. We feel it too.

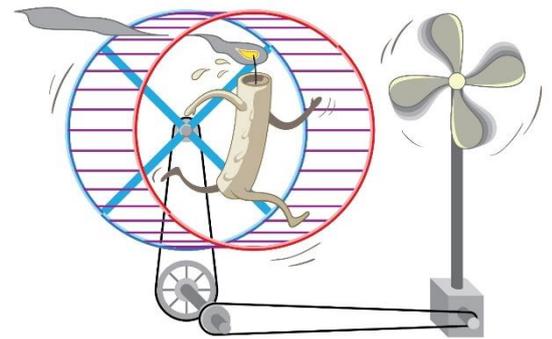
You don't have capacity to take part in our workshops or events.
We don't have capacity to plan and promote them.

Let's not.

Instead of running our scheduled autumn workshops
we're pressing pause.

You can join us. No content, no fees, no stress.
Just likeminded people making space and time for
themselves and each other:

Weds 26th October a.m.
Weds 9th November a.m.
Weds 23rd November a.m.



The faster you run, the faster you have to run.
We're stopping for breath instead.

Contact Graeme@thelastingdifference.com for a no-commitment calendar invite.

We'll be there anyway. We might be on our own.
Or you might come along for tea and a talk about what's on your mind.

For us, as always, it's the capacity and sustainability of charities and their leaders to
make an impact. If you want, we can share what we know about [individual](#),
[organisational](#) and [system capacity](#), or individual and organisational [self-care](#).

Or we can just be ourselves, making time for what matters.

It'll be the non-event of the year.