

Al & Gilly

PRESENT

Closing one year, begining the next

Each year carries its own weight, moments of growth, challenge, joy, fatigue, and change. Our guided session supports you to slow down, reflect with care, and create a thoughtful transition between the year you've lived and the year you're stepping into.

We offer a space for reflection, conversation, and quiet creativity — held with care and without pressure to perform.

Pause and reflect on what's been, and step forward with intention.

How the session works

We move through four phases:

1. **Reflecting back:** Guided questions shared in advance, followed by small-group dialogue.
2. **Making sense:** Exploring themes, patterns, and insights from the year just ending.
3. **Creating forward:** Individual creative time using your choice of materials from those we provide to express what you want from the year ahead.
4. **Beginning intentionally:** Sharing reflections and shaping them into a word, phrase, or intention.

Our day together

You'll be supported to:

- Look back with honesty and compassion
- Make meaning of what has changed, ended, or emerged
- Create something that embodies what you want to carry forward
- Name a word, intention, or guiding focus for the year ahead

This is not about resolutions or performance planning. It's about honouring endings and choosing beginnings.

Where and when

In-person
15th January 2027
10.00-16.00 GMT
Spithurst Hub BN8 5EE

Online
22nd January 2027
10.00-15.00 GMT



Our day together

Format
The session is designed and held by Al Pacifico-France & Dr. Gilly Shapiro. We are experienced coaches, facilitators and change professionals, enabling individual work supported by the group, including:

- Guided individual reflection
- Small group and pair conversations to help you reflect and uncover intentions
- Time to create a vision for your future, no artistic skill required; our focus is process and meaning, not output

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This is for you if you are:

- A purpose-driven professional or leader
- Navigating change, transition, or reflection
- Seeking a more intentional year ahead

Fees

- £350 + VAT per person for in-person session (including lunch, refreshments and creative materials)
- £250 (+ VAT for UK participants) for online session (bring your own refreshments and creative materials)
- Optional additional coaching available with Al or Gilly

We intend for you to leave with

- A sense of completion and closure
- Clarity about what you/re carrying forward — and what you're not
- A meaningful intention for the year ahead
- A feeling of steadiness and orientation
- A sense of being met, not managed

To join us

- Places are limited to 6 participants
- To register your interest and book a place, please contact al@evosis.co.uk or g.shapiro@shapiroconsulting.co.uk

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SHAPIRO
working better together