Where do you truly feel at home — in people, in places, or within yourself?

In this experiential workshop, we’ll explore belonging not as a concept, but as a lived, felt experience. Through guided processes and image-based reflection, you’ll reconnect with memories, relationships, and spaces that have shaped your sense of connection.

You’ll also be gently invited to notice where disconnection may live — and what might be needed to restore or reimagine your sense of belonging.

This is your time to remember who and what you belong to.  
 And perhaps, to belong to yourself a little more deeply.

**🔎 In this session, you will:** • Reconnect with sources of belonging in your life  
 • Explore what softens or blocks your sense of connection  
 • Choose one relationship, place, or inner voice to nurture this month

💡 This workshop is ideal to bring into personal development spaces, community gatherings, or the workplace — wherever the question of belonging invites growth, trust, and deeper connection.

**Belonging & Connection**

**Opening** 15 minutes

Belonging is one of the most essential human needs and maybe one of the most complex.

When we feel that we belong, we breathe more easily. We dare to speak. We trust.

But when belonging is missing in a group, in our work, or even within ourselves something contracts. We hold back, we disconnect, we question our place.  
As professionals, many of us have seen how powerful connection can be in a space — and how fragile it can be too. Sometimes, we know exactly where we feel at home. Other times, it’s harder to name. Today, we’ll take time to explore where connection lives in our life — and where it may feel further away.

**Objectives**

* Reconnect with sources of belonging in your life
* Explore what softens or blocks your sense of connection
* Clarify what to release or shift, and how you wish to engage moving forward.

**Pause**

Before we begin, let’s pause.  
Not to rush into answers, but to notice.  
Take a moment to meet yourself — just as you are today.

Music

**Expending**

**Peak Connection: Where Do I Feel Most Connected? *(****20 min****)***

We know that the feeling of belonging is more than just emotional — it’s foundational.  
It shapes how safe we feel, how open we are, and how much of ourselves we allow to be seen.  
So let’s begin there:

Think of a group, a community, or a social space — past or present   
where your sense of belonging felt at its strongest.  
A place where you felt welcomed, held, and valued just as you are.

Now choose a card intuitively

Let the image take you there. You don’t need to explain it. Just observe what comes up….

* What does this card reflect about the connection I experienced in that space?
* **What helps me feel safe, included, or at ease?**
* What did I receive from being part of that group or space — emotionally, mentally, energetically?
* What made it possible for me to be myself?

Take a few minutes to name the qualities that supported your belonging.  
Let yourself learn from what worked — this will be your compass as we continue.

Sometimes the feeling of belonging is so clear to us that it's hard to put your finger on what makes it happen. Sometimes talking about things with someone else can show us something else we didn't know how to name or express.

**Pair Sharing** (10 min)

Invite participants to write in the chat:  
“One thing that helps me feel I belong is…”

**Naming Disconnection: Where Does Belonging Feel Absent? *(****20 min****)***

If we've just remembered how powerful belonging can be, how much it gives us, supports us, and allows us to expand   
then we also become more attuned to the places where it's missing.

Noticing what’s not there isn’t about dwelling in the negative.  
It’s about becoming more honest with ourselves about the spaces in our life that don’t feel quite like home.

This next part of the process is an invitation to look gently at those places.  
PR - we are going intimate with ourselves, we won’t share, choose a palace that feels the most important for you…

Let's start by choosing a space that we would like to look at today. Where in my life do I feel less or maybe not at all like I belong and would like to be.

Maybe it's on a family level, certain relationships, a professional, social place... whatever resonates with you right now

Choose a new card

* **What makes connection or belonging difficult there?**
* What do I long for in that space — and what’s missing?
* Is there a need that isn’t being met? A voice that isn’t being heard?

Let this part be soft. You don’t need to fix anything — just witness.

Sometimes, just naming the place where connection is lacking  
is the first step to making something new possible.

Because it is very exposed and intimate, I would allow personal writing work and perhaps brief sharing by those who choose without dividing into rooms.

**Reclaiming Choice: What Do I Want to Do with This? *(****20 min****)***

Now that we’ve touched both ends of the experience   
the places where connection feels strong, and those where it feels fragile   
let’s return to the present moment and ask:

**What I can do with what I’ve seen?**

Now take a moment to look within:

If this place of disconnection is important to me —

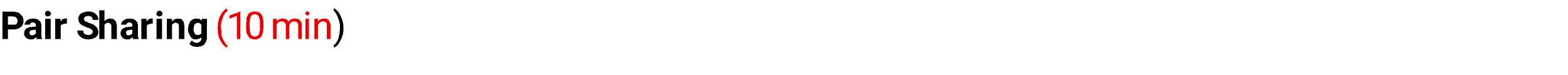
* What small action could I take to reconnect?

If I realize this is *not* a space I wish to belong to —

* What can I release?

I'm sure you have answers ready in your head, words that jump out, but let's see what else the cards have to show us. You are invited to randomly choose a last card and see how it helps you answer the question.

Maybe it's also an invitation to share, to see what other perspectives others have to give me. I don't need to share in difficulty but rather to expand perspectives on what perception, action is available to me now. We'll go back to working in the rooms with the same partners we started with and see what they have to add.



(in the same pairs)

**focus**

We are approaching the end of the process. It is time to look again at our 3 cards —  
the one that reflected a place of belonging, the second one that revealed disconnection and the last one that reflects an action I can take  
Hold them together. Let them speak to each other.

You might ask:

**What insights do I gain from the process, from the complete map?**

**Closing**

What do I get out of this meeting in a word, maximum sentence?

