



soul
ful
by design

Sisterhood & Seasons

WORKSHOP SERIES EXPERIENCE
STRUCTURE & PRICING
COMPANION TO THE
SISTERHOOD & SEASONS WORKBOOK BY
STEPHANIE C. BURTON, LMHC

HEY,



S!

The Sisterhood & Seasons Workbook was written to start a conversation; one that we as Black women have been needing to have with ourselves, and each other, for a long time. If you have read it, perhaps some pages made you put it down and think. Maybe some made you pick up the phone. Some made you want to sit across from another woman and say, this...*this* is what I have been carrying. These workshops are the room where that conversation goes deeper. Each one is a standalone healing space; clinically grounded, culturally honest, and designed to give you more than the book could hold on its own.

Whether you are gathering a group of friends who read the book together, or bringing this work to your church ministry, organization or chapter, there is an entry point here for you. This pricing guide outlines your workshop options by topic. Pricing is designed to be accessible to women across income levels while honoring the clinical expertise, cultural depth, and preparation that every session requires.

WHAT TO EXPECT



- ALL WORKSHOPS: 2.5–3.5 HOURS (FLEXIBLE BY TOPIC)
- MINIMUM GROUP SIZE, 5 PARTICIPANTS (PERFECT FOR BOOK CLUBS, CHURCH SMALL GROUPS AND WOMEN'S MINISTRIES, CIVIC AND SOCIAL ORGANIZATIONS)
- VIRTUAL: \$25/PERSON (DOES NOT INCLUDE SIGNED COPY OF THE BOOK)
- IN-PERSON (LOCAL ONLY): \$40/PERSON – INCLUDES SIGNED COPY OF BOOK AT THE EVENT (ALL IN-PERSON GROUPS ARE RESPONSIBLE FOR SECURING WORKSHOP VENUE ON THEIR OWN. PLEASE ALLOW FOR AT LEAST 2 WEEKS SO THAT BOOKS CAN BE ORDERED IN TIME FOR THE WORKSHOP)
- ALL FORMATS INCLUDE DIGITAL COMPANION MATERIALS AND BETWEEN-SESSION PRACTICE GUIDES

INDIVIDUAL WORKSHOPS

WORKSHOP	INTENTION
<p>How We Attach: Friendship Attachment Styles in Black Women's Relationships</p>	<p><i>"Sisterhood can be both healing and exposing. The same relationships that nurture can also bring unhealed attachment wounds to the surface." - Sisterhood & Seasons Workbook, Chapter 3, Attachment & Sisterhood</i></p> <p>Attachment is not a personality flaw, and it is not permanent. It is a survival strategy we begin to learn as early as when we are just born, that is continuously influenced by all of our relationships—healthy or otherwise—throughout our lives. This workshop gives Black women the language for how we love, and what gets in the way, in a space designed for honesty, care, mutual aid and respect. Participants leave with a richer self-understanding and practical tools for building more secure bonds.</p>
<p>Tending the Giving: Preventing Friendship Burnout in Black Women</p>	<p><i>"If you are the friend everyone turns to – all the time, for everything – the deeper question becomes: who shows up for you?" - Sisterhood & Seasons Workbook, Chapter 6 Emotional Labor, Burnout, and Being the Strong Friend</i></p> <p>Most of us learned what being a 'good friend' means by watching the women around us – many of whom were trying to give from an empty cup. This workshop creates space to name that pattern, understand where it came from, and build real tools for tending to ourselves while remaining in community.</p>

INDIVIDUAL WORKSHOPS

WORKSHOP	INTENTION
<p>Beneath the Surface: Navigating Betrayal, Competition & Insecurity in Black Women's Friendships</p>	<p><i>"Recognizing these dynamics does not erase the pain they cause. It helps us understand that they sometimes spring from unmet needs and unhealed wounds, rather than a lack of love." - Sisterhood & Seasons Workbook, Chapter 8, Identifying the Source of the Pain: Betrayal, Competition, and Insecurity in Sisterhood</i></p> <p>This workshop goes where most conversations about Black women's friendships do not – into the historical and systemic roots of competition, betrayal, and insecurity. Women leave with not just tools for their friendships, but a deeper understanding of why these wounds exist and what it takes to interrupt the patterns that carry them.</p>
<p>Are We Good? Addressing Conflict in Black Women's Friendships</p>	<p><i>"Healing spaces require new scripts. What if we gave each other permission to ask, 'Are we good?' What if we could say, 'I noticed some distance – can we talk about it?' without assuming the worst or fearing that we will lose face?" - Sisterhood & Seasons Workbook, Chapter 10, Addressing Conflict and Deciding to Remain or Release</i></p> <p>Silence has often been the safest option available to Black women in conflict. This workshop honors where that silence came from – and builds new skills for the friendships where speaking is worth the risk.</p>

INDIVIDUAL WORKSHOPS

WORKSHOP	INTENTION
<p>Same Room, Different Feeling: Coexisting in Shared Spaces After Friendship Rupture</p>	<p><i>"FOMO can become an obsession that steals our attention and energy. It can pull us away from nurturing the very friendships that sustain us in real life." - Sisterhood & Seasons Workbook, Chapter 9, Coexisting in Spaces and Circles When Ruptures Occur</i></p> <p>When a friendship ruptures, we often lose more than the person – we lose the space. The church. The sorority meeting. The group chat. The table where we used to sit. This workshop addresses one of the least-discussed friendship wounds and gives women practical tools for reclaiming their presence in the spaces that still belong to them.</p>
<p>What We Deserve to Say: Having Hard Conversations, Giving Real Apologies, and Finding Forgiveness</p>	<p><i>"Forgiveness helps us ensure the offense no longer has power over us – it does not erase the feelings themselves. To forgive is to loosen the grip of resentment on our nervous system, thoughts, and heart." - Sisterhood & Seasons Workbook, Chapter 12, Apologies and Forgiveness</i></p> <p>Most of us have never received a genuine apology that we deserved – and many of us have never learned how to give one. This workshop builds both of those capacities: the language to enter hard conversations with intention, and the framework to understand forgiveness as a gift to yourself rather than just an obligation to another person.</p>

INDIVIDUAL WORKSHOPS

WORKSHOP	INTENTION
<p>Slow Like Roots: Rebuilding Healthy Connections After Friendship Rupture</p>	<p><i>"Rebuilding friendships reflects and affirms the divinity of Black women's connections, where truth-telling and accountability coexist with grace and tenderness." - Sisterhood & Seasons Workbook Chapter 13, Rebuilding Healthy Connections</i></p> <p>Choosing to rebuild a friendship after it breaks is one of the most sophisticated relational acts available to us. This workshop honors the courage that requires, provides clinical yet relatable tools for doing it without losing yourself, and frames friendship repair as a radical act of communal healing.</p>
<p>When the Season Ends: Grieving and Healing After Friendship Breakups</p>	<p><i>"Allow space to grieve. Name the loss. Acknowledge that it is a loss. Give yourself permission to feel. Sadness, anger, confusion, and relief are all normal. Do not minimize it because it is 'just a friend.'" - Sisterhood & Seasons Workbook, Chapter 14, Healing Ourselves After Friendship Breakups</i></p> <p>This workshop creates the grief space that friendship loss almost never adequately receives. No casserole comes when a friendship ends. No one sends flowers. Most people say 'you'll make new friends' – and miss the point entirely. This is the room where the loss gets named, witnessed, and tended.</p>

HELPFUL INFO

THOUGH FACILITATED BY A LICENSED MENTAL HEALTH COUNSELOR, THESE WORKSHOPS ARE NOT MEANT FOR GROUP THERAPY, OR AS A REPLACEMENT FOR INDIVIDUAL THERAPY. SHOULD THE TOPICS DISCUSSED IN THE WORKSHOPS BRING UP ANY DEEPER WOUNDS, PLEASE CONSIDER REACHING OUT TO A TRUSTED PERSON, OR LICENSED MENTAL HEALTH PROFESSIONAL.

TO MAINTAIN SUPPORT AND FOSTER A SENSE OF SAFETY IN THE WORKSHOPS, IT IS RECOMMENDED THAT GROUPS SECURE PRIVATE LOCATIONS, SUCH AS A MEMBER'S HOME, A CHURCH FELLOWSHIP HALL, A LIBRARY CONFERENCE ROOM, ETC. FOR THE WORKSHOPS.

INITIAL INQUIRIES DO NOT SIGNIFY BOOKING. UPON AGREEMENT, AN INVOICE WILL BE SUBMITTED. IN-PERSON WORKSHOPS SHOULD BE SCHEDULED 4-6 WEEKS IN ADVANCE TO ALLOW FOR BULK BOOK ORDERS TO ARRIVE ON TIME. TIME FRAME MAY VARY DEPENDING ON GROUP SIZE. VIRTUAL WORKSHOPS SHOULD BE SCHEDULED AT LEAST 3 WEEKS IN ADVANCE.

TO INQUIRE AND FOR ANY ADDITIONAL QUESTIONS, PLEASE CONTACT ME AT: INFO@STEPHANIECBURTON.COM