

# Meetings Without Masks



A non-judgmental environment filled with humour and compassion

Jan says she hopes participants gain confidence from the day and go away glowing from the experience and ready for that special person to come into their lives.

Fed up with internet dating, not drawn to speed-dating, looking for something else as a way of meeting men in a more honest and authentic way? Relationship expert and workshop facilitator, Jan Day ([janday.com](http://janday.com)) realised four years ago that there were increasing numbers of single women (and men) who were dissatisfied with the superficial ways of meeting on offer.

"I came to the conclusion that there was an urgent need for a day workshop where participants could meet in a more relaxed and real way than they often do on a first date," says Jan. "I wanted to offer exercises that mean they can practise setting boundaries and feel what they feel in a safe space. Saying an authentic 'yes' or 'no' is the basis for trust. It's amazing how many people still say 'yes' when they mean 'no' and vice versa so I help them with this. It's really a way of being seen as they really are which is what we all yearn for. It's very empowering for women to be themselves and feel they can take off these masks they feel under pressure to wear – like

being too nice and saying 'yes' too much."

Angela, an HR consultant, says: "The morning exercises were about how we were in relationship and in the afternoon, there are lots of meetings in a one to one way. I found the latter really useful because I learnt from every one of them."

Meetings Without Masks is a workshop that often prepares participants to meet their beloveds. "Participants get to explore what they are like when they meet someone of the opposite sex. I do exercises which encourage them to relax more into themselves when they go on their next date. And some participants have found partners on the workshop itself," says Jan.

She creates a non-judgemental space where people are also invited to bring their more vulnerable aspects around dating into the room. Like shyness, embarrassment, sense of failure. So that it can all be included and befriended. Masks like 'I don't need anyone' or 'I'm a lawyer' or 'I don't do feelings' or 'I'm not

interested' are given the chance to be removed.

The gender balance means this is an excellent environment for this kind of learning. "It was important to create an environment in which people could learn a lot about relationships from actual experience," says participant Tony.

There's also considerable fun to be had and a gorgeous optional lunch. "I found I had conversations with about 10 different people," says Tony, "which meant I could explore boundaries, and test the sharing of intimacy in a safe way. These experiences were quite brief and we didn't expect them to make a relationship for real, but they gave a sense of how it would be. In this key way, my expectations of the workshop were well met and I came away feeling affirmed. Personally, I found personal space being honoured, shared humour and compassion around personal stories, as well as having fun."



Next MWM in London - July 14<sup>th</sup> , Sept 15<sup>th</sup>  
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