



WOMEN | FAITH & STORY

Frequently Asked Questions

1. I don't know anyone who is attending this retreat or workshop. Is it okay to attend by myself?

While there are times when friends sign up together, more often than not, women come to our workshops or retreats not knowing anyone but they saw our events in our [email newsletter](#) or on [Instagram](#). Many of our past participants have told us that they actually felt able to share more freely with women who felt like "kindred spirits." A large part of what makes Women | Faith & Story events so special is how women who were previously strangers to one another discover what one participant called an "unexpected sisterhood."

That is part of the magic that seems to happen spontaneously at each WF&S workshop and retreat. While we always begin by introducing women through intentional games and activities, the organic and authentic connections that result could never be planned or predicted. The type of women who come on our retreats are usually similar in that they want to ask deep questions in soulful company, so we hope you leave both with new ideas and new friends.

**2. How will creativity help me get unstuck?
Also, I'm not really a writer or artist. Is this for me?**

The act of trying something new can help you imagine new possibilities for your life and we truly believe that we ALL have the ability to create something beautiful. This is why we encourage women of all ages and stages to explore writing and art as a way to unlock their imaginations—and their potential.

3. Is this a writing community and will the workshops/retreats focus on developing my writing craft and helping me get published?

Much of the writing work we do at WF&S is to use writing as a tool to help women connect to their story and to others who love words. We also believe in writing in community because there is power in sharing your story aloud.

While we use writing as an entry point for introspection and connection, we also know some women are aspiring authors. Our founder, Kathy Izard, is a three-time author and she offers [1:1 Book Coaching](#) to help women who are working on manuscripts or have a book dream. You can book a session [here](#). Once a quarter, Kathy also teaches a virtual workshop on how to self-publish a book. To register for this, please check our [events page](#) for the next session date.

4. Who is WF&S for?

Women | Faith & Story was created for women to help them find faith in their story—whether that means writing actual chapters in a book or metaphorical next chapters in their lives. It is for women of all cultural and economic backgrounds.

It is for women who want to turn their thoughts into books, their ideas into reality, and their faith into action alongside a community of like-minded, supportive women. It is for writers, dreamers, artists, and seekers who need a little help to find greater faith in who they are and who they were always meant to be.

5. What does “faith” mean in the name “Women | Faith & Story”?

When we first created Women | Faith & Story we wrote a blog post about what “faith” means in our name. You can read the complete essay [here](#). But here is an excerpt:

“To us, faith isn’t exclusively one belief in one religion. Faith encompasses just that—all faiths. It includes all denominations and includes not only beliefs, but hope. We believe Faith is most powerful when it is defined to include faith in one’s self, in community with others, and in something much bigger.”

*Our workshops and retreats are designed to help you ask deep questions but we believe the answers are yours to find—that journey is part of **your** story.*

6. Do you offer payment plans for retreats?

Yes, for our 3-day or week-long retreats, we do! We offer a payment plan that allows you to pay for a retreat in 2 installments: a deposit and a final payment due 6 weeks before the start date of the retreat.