



LIFE BEADING

A GUIDE

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WHAT IS LIFE BEADING?

Life Beading is a simple but powerful way to reflect on what matters to you.

Through a guided conversation, you'll explore meaningful themes—like courage, connection, or healing—and choose beads to represent key moments in your journey.

At the end, you'll have a handmade bracelet that's more than just beautiful: it's a personal reminder of your insights, intentions, and inner strength.

Life Beading was created by Suzannah Husey, a qualified coach and teacher with over twenty years' experience in teaching philosophy and religion. She's spent her life engaging with humanity's greatest life coaches—from ancient sages to modern thinkers—and is no stranger to the meaningful conversations that help us grow. With a warm and grounded presence, Suzannah is skilled at holding space for emotional depth. Through Life Beading, she weaves together conversation, ancient wisdom, and creativity to help people reconnect with themselves and what truly matters.





“So special. A positive angle on loss. Thank you”
- Linda, Life Beading for Bereavement

WHO IS LIFE BEADING FOR?

Life Beading is primarily for adults but easily adapted to suit young people.

It's for anyone who may be seeking or enjoy:

- Experiential and transformative approaches to personal growth.
- Creative and tangible tools for self-discovery and emotional processing.
- A deeper and more holistic connection with themselves, their purpose, and the world around them.
- Guidance and inspiration from timeless wisdom and philosophical inquiry, presented in a relatable and down-to-earth manner.
- A way of keeping sight of what truly matters.
- A simple and enjoyable way to relax, create and find an oasis of calm in a busy world.



SUZANNAH HUSEY
*Life Beading &
Coaching*

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**"Genuinely enlightening."
- Kate, Life Beading for Wellbeing**

WHAT HAPPENS IN A LIFE BEADING SESSION?

No two Life Beading experiences are the same - but here are common ingredients :


- We look over the bracelet plan, which usually includes four or five significant beads. These beads act as anchors for key themes in our conversation. For example, in a wellbeing journey, the beads might represent Body, Gratitude, Nature, and Cosmos.
- We talk. You are invited to close your eyes for a brief visualisation, reflect on a wisdom teaching, or explore a practical tool that supports you. The most powerful thing is simply being deeply listened to.
- Sometimes, no words - we just sit quietly and comfortably with our thoughts or present awareness as we thread beads.
- As the conversation gently moves forward, we pause at each key theme - each "bead" in your journey. You choose a bead to represent that moment.
- You leave with a completed bracelet holding your four or five chosen beads. You'll also receive a written record of the journey and any other supportive materials we've used.
- Every session is both intentional and organic. While there's a plan, the process is led by your experience. Beads sometimes shift meaning mid-conversation, and that's welcomed. Everything is offered by invitation, not instruction. Though the themes might be universal, the beads you choose are personal—rich with your own meaning.



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“The best thing about today was taking time out of a busy life to ‘just be’” - Tanya, Life Beading for Wellbeing

LIFE BEADING EXAMPLES

Courage Building

Embark on an empowering journey to define your vision for courage, confront fears, rewrite your story, and take bold action.

Activate the vision - Mental Clarity - Changing The Story Within - Body Wisdom - Action!

Grief Support

Honour and remember loved ones through a gentle and expressive ritual of remembrance.

This experience is suited to those who are no longer in the rawest part of grief, but who wish to pause, process, and speak openly about their continuing bond. It's not about 'moving on' - this is a space to gently honour your loved one, and the strength it takes to live with love and loss side by side.

Love - Presence - Survival - Permission

Flourishing and Wellbeing

There is a science of happiness - ways we can feel more fulfilled and alive. This expansive Life Beading journey anchors those core insights so they are not forgotten in the everyday.

What Lurks Beneath - Gratitude - Connection - Nature - Cosmos

“Life shrinks or expands according to one's courage” - Anais Nin



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"I found everything valuable but in particular the actual beads"
- Lucy, Life Beading for Wellbeing

HOW CAN I EXPERIENCE LIFE BEADING?

- **Group Workshops**

- Immerse yourself in focused explorations of specific themes like courage, loss, or wellbeing. These workshops provide a structured and transformative group experience, or a calming and creative retreat. If you're wondering when and where the next one is coming, do get in touch.

- **Tailored Group Workshops**

- Work with me to design a unique Life Beading experience for your group, team or organization. Tailored to your specific interests and goals, Life Beading goes beyond traditional workshops by blending creativity with meaning-making and connection.

- **1:1 Life Beading Sessions**

- Receive personalized guidance and support through individual Life Beading sessions, tailored to your unique journey and challenges. The process begins with gentle discovery questions to help shape the beading journey collaboratively, so it's right for you.

- **Online Course**

- Explore the power of Life Beading at your own pace with the online course, "Finding What Matters". This course combines video lessons with a Life Beading kit to guide you towards finding - and acting upon - your purpose.

- **Festivals & Regular Settings.**

- Life Beading is showcased at events throughout the year. See the website for latest news. Life Beading is also available to guests and visitors at Eaton Manor www.eatonmanor.co.uk



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WHERE DOES LIFE BEADING HAPPEN?

Life Beading is designed to meet you where you are — both literally and emotionally. You can take part in a session in a variety of beautiful or familiar settings:

- At your kitchen table – through home visits in Shropshire.
- At my kitchen table – in Much Wenlock (TF13), where the kettle is always on.
- In your organisation or special venue – perfect for wellbeing days, team retreats, or community events.
- At Wenlock Wellness Space – a peaceful and welcoming spot in Much Wenlock, TF13 6AA
- At Eaton Manor – a luxury retreat centre and cottage venue nestled in the Shropshire hills: www.eatonmanor.co.uk.
- At home, at your own pace – receive a Life Beading toolkit as part of a self-guided course, *Finding What Matters*
- At festivals and special events – check the website for upcoming appearances.



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“I've got so much out of my time today. It was like two hours of blissful therapy”
- Jill, Life Beading for Wellbeing

HOW MUCH DOES IT COST?

Group prices normally start at around £25 per person for a Life Beading experience lasting around two hours. This includes:

- A handpicked selection of meaningful beads
- Gentle guidance through reflective themes
- Space for conversation, creativity, and connection
- A finished bracelet to take home as a keepsake
- Accompanying written materials where relevant

If you're organising a session for a school, charity, or community group, I'm happy to offer flexible pricing where I can — just get in touch and we can talk it through.

For private home visits or bespoke one-to-one sessions, a minimum fee of £75 will apply to reflect the time, preparation, and travel involved.



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“I’d just love to do it again” -
Kate, Life Beading for Wellbeing

DOES ANYONE ELSE OFFER LIFE BEADING?

Life Beading is a trademarked original practice from
Over the Stile.

If you are a coach, therapist or wellbeing facilitator and interested
in how Life Beading could complement your work, I’d love to hear
from you.



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