



A GUIDE TO LIFE BEADING

Life Beading
info@overthestyle.co.uk

www.overthestyle.co.uk





WHAT IS LIFE BEADING?

Life Beading is a deceptively simple practice that combines two things humans have always found helpful: meaningful conversation and the quiet focus of working with our hands.

Most of us are remarkably good at having profound insights in the shower or during long walks, only to forget them entirely by Tuesday morning. Life Beading offers a solution: it turns your reflections into something you can actually wear.

Through guided conversation, you'll explore themes like courage, healing, or purpose, choosing beads to represent the moments that matter most in your journey.

At the end, you'll have a handmade bracelet that's considerably more useful than most jewellery—it's a wearable reminder of your own wisdom.

Life Beading was created by Suzannah Husey, who spent over twenty years teaching philosophy and religion before realizing that ancient wisdom works best when it's practical.

With a background in coaching and an impressive collection of books by humanity's greatest thinkers, Suzannah has a particular talent for making profound conversations feel surprisingly comfortable. Through Life Beading, she combines dialogue, timeless insights, and creativity to help people remember what they already know but temporarily forget.



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

WHO IS LIFE BEADING FOR?

Life Beading is primarily designed for adults - both men and women - though it adapts beautifully for thoughtful young people who've outgrown simple answers.

It's particularly appealing to anyone who:

- Suspects that personal growth shouldn't require complicated systems or expensive retreats
- Appreciates wisdom from various traditions, presented without the mystical packaging
- Needs tangible ways to remember what truly matters when daily life becomes overwhelming
- Values the kind of calm that comes from working with your hands while your mind wanders somewhere useful



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

WHAT HAPPENS IN A LIFE BEADING SESSION?

No two Life Beading experiences are identical, but most sessions share these elements:

We begin by reviewing your bracelet plan, which typically includes four or five significant beads.


These act as anchors for our conversation—so in a wellbeing journey, your beads might represent Body, Gratitude, Nature, and Wonder.

Then we talk. You might be invited to close your eyes for a brief visualization, consider a piece of ancient wisdom, or explore a practical tool that supports your intentions. The most powerful element, however, is simply being deeply listened to—something that's become surprisingly rare in our efficient modern world.

Sometimes we sit in comfortable silence, threading beads while our thoughts settle. There's something profoundly calming about having something to do with your hands when your mind is processing important ideas.

As our conversation unfolds, we pause at each key theme—each "bead" in your metaphorical journey. You choose a physical bead to represent that insight, creating connections between abstract wisdom and tangible objects.

You leave with your completed bracelet and a written record of the journey, along with any supportive materials we've explored. Every session is both intentional and organic—while there's always a plan, the process responds to your experience rather than forcing you through predetermined steps.



“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

An empowering journey to define your vision for courage, face your fears, rewrite your internal narrative, and take meaningful action.

Key themes: Activate the Vision - Mental Clarity - Changing the Story Within - Body Wisdom - Action

Grief Support

A gentle space to honor and remember loved ones through expressive remembrance. This experience suits those who are beyond the rawest stages of grief but wish to pause, process, and speak openly about their continuing bond. It's not about "moving on"—it's about learning to live with love and loss side by side.

Key themes: Love - Presence - Survival - Permission

Flourishing and Wellbeing

There is, quite literally, a science of happiness—evidence-based approaches to feeling more fulfilled and alive. This expansive journey anchors those insights so they don't get lost in the everyday rush toward productivity.

Key themes: What Lurks Beneath - Gratitude - Connection - Nature - Wonder

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



NEW FOR SUMMER 2025

Life Beading Kits

Each kit thoughtfully designed with prompts, video guidance, a palette choice of beads.

A beautiful gift for a loved one, or for yourself.

The Full Range:

Creativity! 3 Pillars to Nourish Your Originality

Love & Friendship: 3 Ways to Honour the Relationships That Matter

Pet Remembrance: 3 Ways to Treasure Your Beloved Companion

Peace & Wellbeing: 3 Anchors for Staying Calm in Choppy Seas

Honouring The Body: 3 Revelations About the Body You Inhabit

Stoic Wisdom: 3 Startling Lessons from the Life Coaches of the Ancient World

Nature's Wisdom: 3 Wild Lessons from the Natural World to Guide You

Buddhist Wisdom: 3 Liberating Truths That Shatter Illusion

Summoning Courage: 3 Fierce Questions to Help You Change Your Life

The Purposeful Life: 3 Provocations to Awaken You from Sleepwalking Through Existence.

[Buy from Etsy: www.lifebeadingshop.etsy.com](https://www.lifebeadingshop.etsy.com)

www.overthestyle.co.uk



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

HOW CAN I EXPERIENCE LIFE BEADING?

- **Group Workshops**
 - Focused explorations of specific themes like courage, loss, or wellbeing. These provide structured group experiences that are both transformative and surprisingly relaxing. If you're wondering when the next one is happening, just get in touch.
- **Tailored Group Workshops**
 - Work with me to design a unique Life Beading experience for your team or organization. Tailored to your specific interests and goals, these sessions go beyond traditional workshops by combining creativity with meaning-making in ways that actually stick.
- **1:1 Life Beading Sessions**
 - Personalized guidance through individual sessions, shaped collaboratively to address your unique journey and challenges. The process begins with gentle discovery questions to ensure the experience feels right for you rather than imposed upon you.
- **Online Course and Life Beading Kits.**
 - Explore Life Beading at your own pace with "Finding What Matters"—an online course with a beautiful toolkit, guiding you toward discovering and acting upon your purpose. Alternatively, select one of the 10 kits from Etsy.
- **Festivals & Regular Settings.**
 - Life Beading appears at events throughout the year—check the website for updates. It's also available to guests at Eaton Manor (www.eatonmanor.co.uk), where wisdom and luxury meet in the Shropshire hills.



**“A rare treat of an experience”
- Jen, Life Beading for Wellbeing**

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 – perfect for wellbeing days or community events.
- At Wenlock Wellness Space – a peaceful and welcoming spot in Much Wenlock, TF13 6AA
- At Eaton Manor – a luxury retreat centre 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*. Or one of the Life Beading kits, from Etsy.
- 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 experiences typically begin at around £25 per person for a two-hour Life Beading session. This includes everything you need: carefully selected meaningful beads, gentle guidance through reflective themes, space for authentic conversation and creativity, a finished bracelet as a lasting reminder, and any accompanying written materials.

If you're organizing a session for a school, charity, or community group, I'm happy to discuss flexible pricing arrangements. Wisdom shouldn't be a luxury available only to those who can afford premium rates.

For private home visits or bespoke one-to-one sessions, a minimum fee of £120 applies to reflect the time, preparation, and follow-up care in creating something truly personal.



“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're a coach, therapist, or wellbeing facilitator curious about how
Life Beading might complement your work, I'd genuinely love to hear
from you.

The best ideas grow when they're shared thoughtfully.



SUZANNAH HUSEY

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Coaching*

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