



An Introduction to Spring Series of Workshops

Starts 14th Jan - 30th June 2020

JAN 14th	Introduction to Positive Health Learn how your thinking and mindset can effect your health and wellbeing and how to utilise your mind to improve your health. Change your thinking, release the stress and noise inside your head, become grounded and regain your energy. Just 2 hours of your time really could change your future and improve your health.	7 - 9pm FREE
JAN 28th	Introduction to Neuro Linguistic Programming Part 1 Learn how your mind works - how are we able to handle 2 billion pieces of information every second? How do we filter information through our beliefs, values and early programming from our environment and how you can gain greater control and emotional resilience.	7 - 9pm FREE
FEB 11th	Introduction to Neuro Linguistic Programming Part 2 Develop greater influence and enhanced relationships through learning your own and others preferred communication styles. Everyone is unique and everyone processes, remembers and stores emotions and events differently. Understanding the differences allows us to talk and communicate better.	7 - 9pm FREE
FEB 25th	Introduction to Neuro Linguistic Programming Part 3 Learn how to have those difficult conversations through enhanced levels of awareness of what to do and crucially what not to. Open yourself to a whole new level of thinking and understanding that can change your life in many different ways and open new possibilities.	7 - 9pm FREE
MAR 10th	Introduction to Letting go of your past Recycling our thoughts and emotions of past events can block our path and create loops where the memory replays endlessly. The past is over. Learn how to let it go and move on, this evening could change your life and release your potential. Stop being afraid of the past and assuming what happened before will happen again.	7 - 9pm FREE
MAR 24th	Introduction to Overcome Limiting Beliefs Did your teacher or a parent or someone you held in high esteem tell you that you could not do something or that you were not good at something or just a bad person? These things can remain with us for life and act as limiting beliefs that hold us back. Let us show you how you can overcome them and get your life back.	7 - 9pm FREE

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<p>APR 7th</p>	<p>Introduction to Enhancing the Quality of your Relationships Understand how you can improve your relationship with yourself and with others. Taking a different perspective or using different words can change the way other people receive our communication. Understanding how others process can help us to connect, talking to our loved ones without judgement can also help us to not judge ourselves.</p>	<p>7 - 9pm FREE</p>
<p>APR 21st</p>	<p>Introduction to Stopping Smoking Now & Benefit Forever All smokers know that smoking is bad for their health, bad for their organs increases serious health issues, & affects others through passive smoking. They know it is bad for their wealth and makes their clothes smell of smoke. They know its anti-social and yet they still can't stop. What are the secondary benefits of smoking thats stopping you from quitting?</p>	<p>7 - 9pm FREE</p>
<p>MAY 5th</p>	<p>Introduction to Gaining Confidence as a Speaker, Presenter Does the thought of standing in front of other people and speaking make you shake or feel sick. Are there times when you want to speak, but the words just get trapped in your throat? Do you need to speak to others for your job or your hobby? How would you feel if you could tap in to resources you already have and be able to present and talk freely whenever you want?</p>	<p>7 - 9pm FREE</p>
<p>May 19th</p>	<p>Introduction to Resolving Inner Conflicts Holding you Back Do you often feel as if there is a part of you that wants one thing and another part that wants something else? Do you say one thing and think something else? If you have major inner conflict you start working against yourself. Learn to be congruent in your thoughts and actions to have inner peace and find your true direction.</p>	<p>7 - 9pm FREE</p>
<p>JUN 2nd</p>	<p>Introduction to Boosting Personal Confidence & Self Worth Low self esteem and poor confidence are major factors in depression and anxiety and often lead to self-destructive behaviours. This is a learned belief. Everyone is a totally unique and amazing human being with incredible abilities, sometime we just can't see it for ourselves. Learn with us how to regain your own sense of worth and value.</p>	<p>7 - 9pm FREE</p>
<p>JUN 16th</p>	<p>Introduction to Overcoming Phobias Quickly Are you being held prisoner in your own mind? Do spiders make your life miserable or mice make your run a mile? Are you seriously afraid of birds or snakes? Do you avoid elevators or high buildings, do you avoid the tube? Irrational phobia's can ruin a person's life and limit travel or other possibilities, but phobias are a learned behaviour that can just as easily be unlearned.</p>	<p>7 - 9pm FREE</p>
<p>JUN 30th</p>	<p>Introduction to Mindfulness & Finding your Inner Quiet Mindfulness is a technique which can help people manage their mental health or simply gain more enjoyment from life. Mindfulness describes a way of approaching our thoughts and feelings so that we become more aware of them and react differently to them.</p>	<p>7 - 9pm FREE</p>

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