



WORKSHOP

Your wellbeing Matters: it's time to restore the balance

With the many demands and responsibilities in life, it's easy to feel worn down, to lose sight of what's important. This workshop will help you restore the balance.

At the end of the day, you will have developed a deeper understanding of the life you want to lead, the barriers you may face and the important relationships in your life. You will leave with a simple plan of action for beginning the process of change.

Knowing and experiencing are quite different. As a result, the workshop is experiential in nature, giving you a taste of what a new way of being could feel like.

A maximum of 12 participants is welcomed to each workshop, the number being limited to make sure each participant receives the support and space they need to participate as fully as they feel able.

This workshop is for anyone who wants to improve their wellbeing.

The workshop modules are:



Discover the importance of self care



The Emotional Tool Box



Explore your relationships



Create an action plan for change

Duration: The workshop is full day

Contact:

To find out more and schedule your workshop contact Cathy Connan:

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Website: cathyconnan.com

E-mail: cathy@cathyconnan.com



Why me

Cathy Connan

I have the unusual combination of psychotherapeutic training and nearly 30 years in PR and communication. Offering a safe environment and a genuine interest in you, I will make sure you have the space to explore your own experience and support you as you develop your action plan for change.

I am a member of the United Kingdom Council for Psychotherapy and adhere to the Code of Practice of the United Kingdom Council for Psychotherapy'

I am committed to my own personal and professional development, regularly attending clinical supervision and further training programmes.

Qualifications

Currently completing an MSc in Integrative Psychotherapy, Sherwood Psychotherapy Training Institute
BSc (Hons) Psychology, Open University
BSc (Hons) Chemistry & Business, University of Warwick

