

COURSE FEES

Course Fee: €290

Payment Option 1-

Pay €50 initial registration fee
(Including screening session and all
course materials) plus €20 per week.

(€50 x 1, plus €20 x 12 = €290 Total)

or

Payment Option 2

Pre-Pay total course fee in advance
€260 (Save €30)

All major credit cards accepted.

To reserve a place or for any enquires
or directions
please contact:

Reception: 00353 (0) 42 9351578
Berni McGuill: 0872 049 047
Maurice Kelly: 0872 999 866
Email: info@seechangepractice.com

Return Application form to:
See Change Practice,
Park Street Medical Centre
Park Street, Dundalk, Co Louth

Places limited to 12 max
Early booking essential.

COURSE CONTENT

- Expectations: hopes and fears
- The emotional experience of separation and divorce
- Dealing with changing & traumatic emotions such as guilt & rejection
- The grieving process
- Letting go of fears & anger
- Coping strategies
- Caring for the children of divorce
- Moving on
- Rebuilding for the future

Coaching for change

WINGS

Support Group

DIVORCE & SEPARATION RECOVERY PROGRAMME

12 Week Course



For more information on this course
& our other services please visit:

www.seechangepractice.com

APPLICATION FORM

NAME: _____
ADDRESS: _____

Date of Birth _____
Tel: _____
Email: _____

What type of group would you prefer

Single Y N Mixed Y N No Y N
Gender: Y N Gender: Y N Preference: Y N

How would you prefer to be contacted?

Tel: Y N Text: Y N Email: Y N

Have you already separated/divorced? Y N

If so, for how long? _____

Where did you hear about this course?

It is the policy of see change practice to comply with the provisions of the Data Protection Act 1988. Under the terms of the Act, the information given by you will be held in confidence on our computer systems and may be used to assist us in providing the service for which you applied. In addition, we may use the information to inform you of other selected services from ourselves. If you do not want to be notified of these services, please tick the box.

AIM OF THE COURSE

This is a solution-focused and strengths based programme built upon the belief that, given support and the right guidance, participants will discover within themselves the inner resources they need to begin to re-build their lives and reshape their futures.

The objectives of the course are:

- to support and offer guidance;
- to raise awareness of patterns of behaviour in order for positive change to occur;
- to build self-esteem, self-determination
- to promote participant self empowerment

Suitability of the course

To ensure suitability of the programme for each individual, applicants will be screened prior to commencement of the course.

COURSE STRUCTURE

The course will be held in:
**See Change Practice Suite
Park Street Medical Centre
Park Street, Dundalk
Co Louth**

Each session starts at 7.00pm and finishes at 9.15pm. A short break (refreshments provided) and a concluding therapeutic relaxation session are included.

See Change Coaching Practice is committed to providing confidential, high quality life coaching to enable clients to live better and more fulfilled lives. We aim to empower clients by establishing a partnership which challenges them to recognise and build on their own strengths, explore their current reality and find positive ways to make changes and move forward.