

Commitment Needed

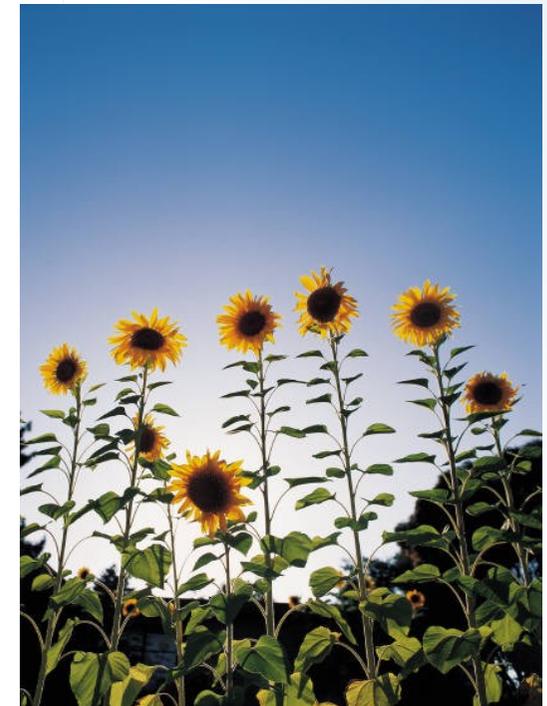
This programme starts with a full day and then is followed by 5 two hour sessions spread out over 6 weeks.

There are also two coaching sessions available during the course. These sessions are to be used for aspects of the programme you find challenging and would like more support with. Limited to 8 places, phone or email to book in now!



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Stepping out for Women



A self development course for women



The Beginning

...It's very common for people who have been in a relationship with someone who suffers from a mental illness to have put all their own needs into a box and stuffed it away out of sight while they fight the fires of relationship conflict.

When our dreams are put on hold, it is common for resentment to build up towards the person whose needs are taking the priority. We don't mind doing that for a helpless baby or an injured friend - but if we're doing it repeatedly for someone who could just as easily do it for themselves our sense of injustice grows.

Do you ever feel that way? - like there's no point in working on yourself? That's despair - and it may be a sign that you've been neglecting your needs for too long, giving your power to someone else and abandoning your post as the captain of your own ship - the ship that is you...taken from: <http://outoffthefog.website/what-to-do-2/2015/12/3/work-on-yourself>

The Journey

You are invited to walk the path of self-discovery with us.

We have found the benefits of working together in a group can be life changing.

Groups can provide a space to:

- ◆ **Combat isolation, knowing that you are not alone can be a great comfort.**
- ◆ **Feedback from a group can give you new perspectives on issues that maybe you struggle with on your own.**
- ◆ **Watching other group members overcome challenges can be very inspiring!**
- ◆ **Groups are a great way to uncover blind spots that stop you overcoming obstacles in life.**

Topics covered:

- ◇ **Self-compassion**
- ◇ **Mindfulness**
- ◇ **Radical acceptance**
- ◇ **Validation**
- ◇ **Letting go**

The Destination

Our sincere hope is that you will come away from this programme with:

- ◆ **A strong sense of purpose**
- ◆ **A clear understanding of your role in your family members life**
- ◆ **The ability to set limits that work for you and your family**
- ◆ **A new understanding of how to look after yourself**
- ◆ **The ability to be your own coach**
- ◆ **Strategies for living a fulfilling and happy life**

