



Residential wellness weekend

OCTOBER 27TH TO 30TH

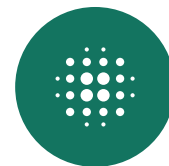
WEEKEND PROGRAMME

HOSTED BY:

KILTIMAGH COUNSELLING &
THERAPY CENTRE

www.kiltimaghcounselling.com/events

RESIDENTIAL WELLNESS WEEKEND 2017



DAY 1

Friday, 27th October



DR JIM O'DONOGHUE

"Back to the beginning:

to find out who I am; to create a Consciousness or Awareness beyond institutionalization out of which I can move peacefully and with Hope to the fullness, the abundance of my Potential that lies unknown, dormant deep within and beyond me. Finally we meet ourselves"



| Time | Activity |
|--------------|--|
| 12.00 | Arrival; room allocation |
| 12.30 - 1.00 | Welcome, housekeeping and weekend pack |
| 1.00 - 2.00 | Lunch |
| 2.15 - 5.15 | Dr Jim O'Donoghue |
| 5.30 - 6.30 | Dinner |
| 6.40 - 8.00 | Small group facilitation |
| 8.00 - 9.00 | Free time |
| 9.00 | Social gathering |

DAY 2

Saturday, 28th October



FR JIM COGLEY

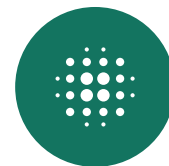
Integration and healing

Exploring integration and healing from a personal and Intergenerational perspective



| Time | Activity |
|--------------|--------------------------|
| 8.00 - 9.00 | Breakfast |
| 9.15 - 10.45 | Workshops |
| 11.00 - 1.00 | Fr Jim Cogley |
| 1.00 - 2.00 | Lunch |
| 2.00 - 3.15 | Fr Jim Cogley |
| 3.25 - 6.25 | Small group facilitation |
| 6.30 - 7.30 | Dinner |
| 8.00 - 9.00 | Free time |
| 9.00 | Social gathering |

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DAY 3

Sunday, 29th October



KATHLEEN DUFFY

Language of the dream

Introducing you to the language of the dream, which is that of symbol, myth, ritual, imagination and story.



| Time | Activity |
|--------------|--------------------------|
| 8.00 - 9.00 | Breakfast |
| 9.15 - 10.45 | Workshops |
| 11.00 - 1.00 | Kathleen Duffy |
| 1.00 - 2.00 | Lunch |
| 2.00 - 3.15 | Kathleen Duffy |
| 3.25 - 6.25 | Small group facilitation |
| 6.30 - 7.30 | Dinner |
| 8.00 - 9.00 | Free time |
| 9.00 | Social gathering |

DAY 4

Monday, 30th October



SHEILA AND VERONICA

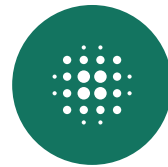
Wrap up

"All endings are a chance to rest, to breathe, to reflect on the conclusion of a journey in preparation of a new one" (Anon)



| Time | Activity |
|---------------|------------------------------|
| 8.00 - 9.00 | Breakfast |
| 9.15 - 11.15 | Small group facilitation |
| 11.30 - 12.00 | Closing session and farewell |

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KILTIMAGH COUNSELLING & THERAPY CENTRE



A word from your hosts Sheila and Veronica:

We are delighted to welcome you to our inaugural Residential Wellness Weekend. We hope this weekend will give you the space for reflection and personal growth, and at the end of the weekend you will go home revitalized, having enhanced your wellbeing with new meaning and hope.

Keep in touch with us on Facebook and on our website.

Sheila: 086-1256124

Veronica: 086-3757767



Find us on
Facebook

@KiltimaghCounsellingAndTherapyCentre

OUR SPONSOR

STRATEGIC DIRECTION

We would like to extend our sincere thanks to Anne @ Strategic Direction, for her encouragement, mentoring, coaching and guidance. Her expertise was invaluable to us throughout the process of event planning and management.



ANNE FINN

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