



An experiential workshop for adopted adults



Pre-adoption
Post-adoption
Permanency
Advice &
Counselling

Clean and C.R.A.F.T.Y connections: a workshop for adopted adults to help increase more effective communication

Who should attend

Adopted adults

Trainer

Michael Mallows FAPHP, has been professionally involved in adoption and fostering for more than 30 years, and much longer personally. The former head of a therapeutic adolescent unit, Michael has a wealth of experience and expertise in many different fields. He trains, lectures and consults to adoption and fostering professionals and his unusual training style is informative, not always comfortable, thought-provoking, validating, challenging, unique and entertaining.

This experiential workshop will challenge many assumptions and introduce you to principles and techniques that can increase confidence and self-efficacy. (You have to practise them, of course!)

The day will explore how to reduce patterns of feeling, thinking and behaving that inhibit effective communication.

This is a celebratory workshop that will challenge some of your limiting beliefs and bedrock assumptions and is likely to restimulate some emotions. It is NOT a therapy group, but the day is intended to create a supportive and healing process.

*C.R.A.F.T.Y stands for
Curious Responsive Assertive
Focused Thoughtful Yes!*

Date

Saturday
9 February 2013
9.30am to 4.00pm

Venue

PAC
5 Torriano Mews
Torriano Avenue
London
NW5 2RZ

Prices

PAC Subscribing Local Authorities:
Individuals: £77 (£92.40 incl.VAT)

PAC Non-Subscribing Local Authorities:
Individuals: £88 (£105.60 incl.VAT)

Benefits of attending:

Participants will gain

- Techniques for strengthening resourcefulness and resilience
- Self-awareness, self-management, self-motivation
- More peace of mind

Enrol pac.org.uk/training **Contact** training@pac.org.uk **Web** www.pac.org.uk **Tel** 020 7284 5872

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