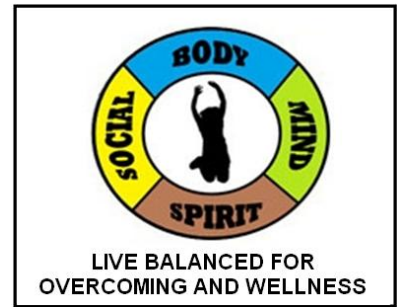




Whole Person Growth Facility

CATALOGUE OF OFFERINGS *FOR THE PUBLIC*



You are Special!

*Do you want to **GROW**, so as to unleash your wellness promotion potential?*

Then you need our

FAST-TRACK EMPOWERMENT WORKSHOPS & SMALL GROUP EXPERIENCES

Learn how to achieve

WELLNESS AND "RELATIONSHIP ENRICHMENT" FOR QUALITY LIVING

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Psychiatrist, Whole Person Health Consultant

Lita D. Allen MA (Ed)

Life Management Coach, Counsellor

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Do you want to:

- live better and longer ?
- prevent unnecessary pain and suffering in your body, mind, spirit and relationships?
- learn to avoid the pain of difficult relationships?
- be better prepared to overcome any trauma and challenges of the different stages of life that you may face?

Then you can benefit from our workshops and small groups

What are Fast-Track Empowerment Workshops and Small group Experiences?

Our workshops (and small group experiences) are highly interactive. They provide for experiential learning, knowledge and skills building through group sharing, reflection and support. They adopt a solutions-focused approach to various life-growth tasks, issues and challenges. We facilitate half-day (4 hours); one-day (6 hours); or two-day (12 hours) **workshops** for 12 – 20 persons. Larger numbers can be accommodated by special arrangement.

We can facilitate **small group experiences** (for clients or relatives separately) related to overall personal growth and development based on specific requests or on identified needs. Small groups of 8 – 12 persons will meet for 1½ - 2 hours each week for 6 to 8 sessions. **Strict confidentiality is observed.**

Our aim is to provide:

WHOLE PERSON

GROWTH TO ACHIEVE:

RENEWAL OF SELF;

OVERCOMING CIRCUMSTANCES; AND

WELLNESS OR “BEST QUALITY OF LIFE”.

Who are invited to these Workshops?

All Individuals!: 1. You can **bring together your friends, associates or peers**. 2. Your **organization** can sponsor persons or invite us in house, 3. There will be **special advertisements** from time to time. *Don't wait for these. Take the initiative!*

• CONSULT TOGETHER

• CHOOSE

• CALL US

BE THE FACILITATORS!

What are our current offerings?

WORKSHOPS

I. BUILDING WELLNESS AND RELATIONSHIP-ENRICHMENT FOR QUALITY LIVING

(SMALL GROUPS can be arranged to deal with these topics at a more personal and in-depth level)

WELLNESS

- **The road to living well:** through whole person lifestyles
- **Women becoming well:** challenges and opportunities
- **Men becoming well:** challenges and opportunities
- **Emotional Wellness:** Building your self-esteem, potential and life management for success
- Discover wellness through **spirituality**
- How to developing your **Support Group** for wellness

RELATIONSHIPS

- **Wellness in relationships:** the road to emotional intelligence and effective relating
- **Effective communication, assertiveness and conflict management**

FAMILY

- **Singleness:** the challenges and joys
- **Managing your relationships** well
- How to build and **enrich marriage**
- How to build and **enrich your family**

WORK

- **Wellness and effectiveness** in the workplace
- Preventing and handling workplace **burnout**

II. RESILIENCY BUILDING FOR:

OVERCOMING IN TRAUMA AND LIFE'S TRANSITIONS

TRAUMA

- **Stress** management and prevention
- Building **resiliency skills** to overcome trauma and transition
- Overcoming the trauma of **crime and violence**
- Coping after a **natural disaster**
- Surviving the trauma of coping with **serious physical illness**

TRANSITIONS

- Starting the second half of life: Creative Engagement with **midlife concerns**
- Making the best of **ageing and retirement**: Healthy, Creative and Fulfilled

Based on the specific requests individuals, groups or organizations, we can custom-design workshops or growth groups related to special needs other than the topics above.

The group is one of the most powerful means of change.

It is the basis of almost every sustainable productive human activity.

Persons identifying and helping one another with common concerns provide a synergy of power for learning and growth experienced nowhere else”.

WHO WILL FACILITATE THE WORKSHOPS?

Dr. E. Anthony Allen is a Consultant Psychiatrist in private practice & Consultant in Whole Person Health. He was a part-time lecturer in the Department of Community Health and Psychiatry, University of the West Indies (UWI), Mona. There he pioneered the teaching of psychotherapy.

He utilizes a whole person approach for patient care. *As a consultant in Church-based Wholistic Health Ministries*, Dr. Allen has pioneered community-based Whole Person Healing Ministries in local congregations at home and abroad. He has authored several articles, book chapters and the books *Caring for the Whole Person* and *Simple Steps to Wellness*.

Mrs. Lita Allen is qualified and experienced in the areas of counselling, social work, human development and management training. She holds a Masters Degree in Education, with specialist training in Guidance and Counselling, a Certificate in Social Work, as well as postgraduate diplomas in Education and Management Studies. Mrs. Allen taught for 14 years at the University of the West Indies, first, in the School of Education and then in the Social Work Unit of the Department of Sociology, Psychology and Social Work. Currently she is a counsellor and life management coach in private practice. She is a consultant, trainer and manual writer associated with *UWI Consulting Ltd.*, UWI, Mona and was the primary host for the radio programme *Finding Your Real Power* on Newstalk 93FM.

Other expert associates will be involved as necessary.

LOCATION

Whole Person Growth Facility

8 Durham Avenue, Kingston 6

In-house or other locations can be specially arranged

FEES

All interested persons who wish to participate will need to contribute an arranged fee.

FURTHER INFORMATION

Please indicate your interest or seek further information as necessary.

Contact: Mrs. P. V Urquhart

Phone: (876) 702-2898 or 779-5856 (Office)

Remember who can attend these Workshops

All Individuals!: 1. You can **bring together your friends, associates or peers**. 2. Your **organization** can sponsor persons or invite us in house. *Don't wait for these. Take the initiative!*

CONTACT US!

LET US LEARN TOGETHER TO MAKE A DIFFERENCE!