



# Harley St. Psychotherapy: Personal Development Weekend

## A Weekend of Self Discovery and Development at The Old Lighthouse, Hunstanton, Norfolk - December 2019

**Amanda Goss MA MBACP, Psychotherapist. Jo Beales MBACP Snr. Accred. Psychotherapist.**

Join us for a weekend of personal development and self-exploration. This is a chance for you to re-set, discover the issues which hold you back, and prepare your life for the next chapter.

A personal development group is a safe, supportive space in which you can explore personal issues alongside other people who also want to understand themselves better. It will be an opportunity for you to take stock of your life and find out more about who you are, what you do and how you do it.

- What is holding you back?
- Take more control of your life.
- Discover your Limiting Beliefs
- The Inner Critic and how to manage that negative voice.
- Looking after your mental health.

We will start each day with Breakfast together followed by a morning group workshop.

A nutritious lunch will be provided by our Chef who will cater for all of your dietary requirements.

Afternoons will be spent on thought-provoking exercises created to help you to mentally re-set followed by group discussion.

After Dinner, we will enjoy the Sunset together, then your evening will be free time and our



## Itinerary

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Friday 6.12.19

4pm Arrival and Welcome Drinks.

7pm Dinner.

9pm Free Time.

Saturday 7.12.19

8am Breakfast.

10am Group Workshop: What is holding you back?

11am Coffee and Cake.

11.30am Group Workshop: Taking control of your life.

1pm Lunch

3pm Mindful Walk Exercise

3.30pm Sunset and Re-Set on the Terrace

4.30pm Coffee and Cake

5pm Group Discussion

6pm Finish for the Day

7pm Dinner

9pm Free Time

Sunday 8.12.18

8am Breakfast

10am Group Workshop: Taking Control of your Life

11am Coffee and Cake

11.30am Group Workshop: Discovering your Limiting Beliefs

1pm Lunch

3pm Exercise: The Inner Critic

3.30pm Sunset and Re-Set on the Terrace

4.30pm Coffee and Cake

5pm Group Discussion

6pm Finish for the Day

7pm Dinner

9pm Free Time

Monday 9.12.19

8am Breakfast

9am Group Discussion

10am Checkout

