



# Taking Control with Positive Words and Affirmations

## Traditional Therapy Training

**Workshop - 1 day**

**Pre requisites:** None

**Price:** £280 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



Affirmations can be powerful tools that enable an individual to let go of past hurts and embark on a new journey where life is enjoyed each day.

This session will explore how words and experiences impact on the way we think and how we can break a negative cycle. You will gain confidence in creating affirmations for yourself and to use with family and friends.

### **Theories:**

- What is an affirmation
- The impact of words on the mind
- Making a positive change
- Creating an affirmation
- Using affirmations in everyday situations
- Accepting change

### **Outcome:**

By the end of the session you will have reviewed the impact of words on the mind and explored how these initiate and create change. You will have the opportunity to plan and create an affirmation for yourself or with a view of supporting another. You will have developed ways to include affirmations in everyday situations and understand the emotional journey they can provoke.

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