

WORKSHOPS

November / December 2020



Workshop Presenter:

Fr Hugh Lagan is a priest with the Society of African Missions and a clinical psychologist with Saint Luke Institute (USA). Fr Lagan has travelled extensively leading workshops, seminars and retreats on psychological and spiritual wellbeing, health and resilience.

HELLO YOU: How to better understand your personality and unlock your full potential

This workshop provides you with the tools to gain deeper self-awareness, self-understanding and self-acceptance. Participants will discover fun and creative ways to get to know themselves better, build more rewarding relationships with others and face the inevitable challenges of life with confidence and optimism.

28th November 2020 (9.30 am - 5.00 pm)

Full Cost: £ 35 / € 40

BROKEN OPEN: How difficult times like these can help us grow

'And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom'

The COVID-19 pandemic has impacted all our lives, calling forth our strengths and exposing our vulnerabilities. This workshop will explore the potential for discovering courage, compassion and wisdom even in the most painful of life circumstances. Participants will learn how to safeguard their mental well-being in the face of crisis, loss, bereavement and trauma; foster greater resilience; access choice; reconnect again with life and reawaken possibility, meaning, hope and healing.

09th (arrive for 5.00 pm) - 11th (depart from 2.00 pm) December 2020

Full Cost: £ 150 / € 170 Deposit: £ 50 / € 60

The Retreat and Conference Centre will operate in full compliance with all COVID-19 Government and Public Health regulations and protocols to ensure the health, safety and wellbeing of all its guests and employees.

Dromantine Retreat and Conference Centre - Enquiries and Reservations

Telephone: 028 (048 from ROI) 3082 1964

Email: admin@dromantineconference.com

There is always hope