

WORKSHOPS 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 (5.00 pm) - 30th (2.00 pm) August 2020

Full Cost: £ 160

Deposit: £ 80 / € 90

Broken Open: How difficult times 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' (*Anais Nin*). 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 loss, bereavement and trauma; foster greater resilience; access choice; reconnect again with life and reawaken possibility, optimism, hope and healing.

19th (5.00 pm) - 22nd (5.00 pm) October 2020

Full Cost: £ 240

Deposit: £ 80 / € 90

The Long Goodbye: Practical advice for family/caregivers of people living with dementia

Many people living with dementia or caring for them feel as though they are alone. This workshop seeks to provide practical information and support so as to build a bridge of connection and understanding. We will explore each stage of the 'journey with dementia' from a person-centered perspective and explain how best to offer support to ensure the best quality of life for the person living with dementia and the people around them.

16th (9.30am) - 17th (5.00 pm) November 2020

Full Cost: £ 115

Deposit: £ 40 / € 50

A Unique Betrayal: A call to listen, a call to action, a call to change

While it is accepted that child sexual abuse within the Catholic Church has a global reach, many people continue to engage the issue with passive resistance. This response further silences those most harmed. This workshop will help participants separate fact from fiction about abuse and learn how best to respond to victims and survivors so as to empower their collective voices to be heard in building a safer Catholic community.

24th November 2020 (9.30 am - 5.00 pm)

Full Cost: £ 30 / € 35

No Deposit Required

Dealing with Difficult People: Effective strategies for overcoming problem people

How do you stay calm in a tough conversation? How do you stay focused in the face of passive-aggressive comments? And how do you know if you're difficult to work with? This workshop will teach participants smart tools and tactics on how to build the empathy and resilience to make difficult relationships more productive and your life less stressful.

9th December 2020 (9.30 am - 5.00 pm)

Full Cost: £ 30 / € 35

No Deposit Required

Dromantine Retreat and Conference Centre - Enquiries and Reservations

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