

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.

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 crisis, loss, bereavement and trauma; foster greater resilience; access choice; reconnect again with life and reawaken possibility, optimism, hope and healing.

02nd (9.30) - 03rd November (5.00) November 2020 Full Cost: £ 115 / € 125 Deposit: £ 40 / € 50

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

START FROM WHERE YOU ARE: Life-skills for thriving in a COVID-created world

We are living in extraordinary times and all of us have been impacted by the COVID-19 pandemic. In this skills-based workshop, participants will learn how to confidently navigate these challenging times, move from fear to perspective, transform pain into meaning and step forward with hope into tomorrow. Let's bounce back together!.

09th December 2020 (9.30 am - 5.00 pm)

Full Cost: £ 35 / € 40

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

Dromantine Retreat and Conference Centre - Enquiries and Reservations

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