

From Hurt to Wholeness

with Michael Mallows

Michael Mallows is a professional and personal development expert whose blend of wisdom, empathy and humour has made him one of the Stuart Low Trust's most popular speakers.

As part of SLT's Wellbeing Project, Michael will be facilitating three sessions which will offer principles and techniques to take you on a five stage journey from Hurt and Hate, through Hope and Healing, toward Wholeness.

Each session relates to the others and part of the process involves homework between sessions, which is an essential aspect of the journey. Some of the process will probably be uncomfortable and certainly challenging!

The sessions will combine your own healing energy with the energy of the group, but it is NOT a therapy group.



Dates: Sundays 1st, 8th & 15th August 2010

Time: 6.30pm. Sessions maximum 2 hours.

Venue: The Stuart Low Trust Wellbeing Project, The Crypt, St Mary's Church, Upper Street, Islington, N1 2TX (directions overleaf)

Cost: £1 per session



Michael Mallows has been a management consultant, supervisor and business trainer for almost thirty years. For more than twelve years he has worked as a clinical supervisor and life-coach for a number of counsellors, therapists and hypnotherapists. He also ran an adolescent therapeutic unit in North London where he learnt about our ability to bounce back from traumatic experiences.

Michael's works include books, articles for magazines, journals, blogs, lyrics and poetry. His websites are:

www.mmallows.co.uk

www.craftylistening.co.uk

Places are limited—please book by calling 020 7713 9304 or email info@slt.org.uk. For the sake of continuity we request that participants attend the first session in order to attend the second and third.

For more information about the philosophy behind the course visit www.craftylistening.co.uk/4.html

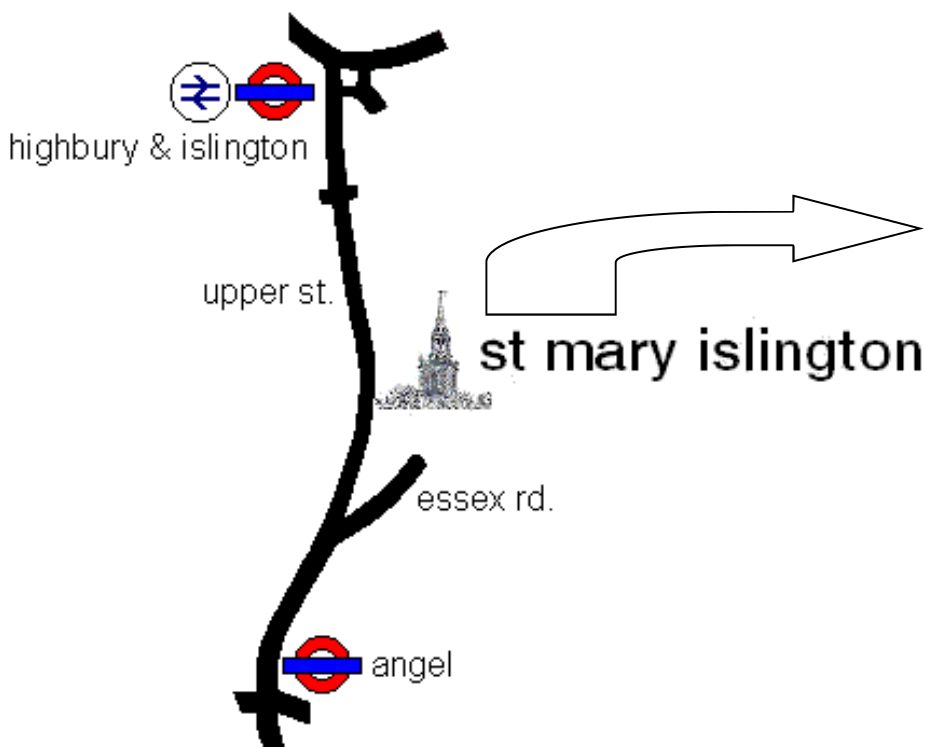
How to get to the



Wellbeing Project

at St Mary's

The Stuart Low Trust Wellbeing Project takes place every Sunday from 6.30pm to 9.30pm in the Crypt of St Mary's Church, Upper Street, Islington N1 2TX



St Mary's Church, Upper Street, Islington. The entrance to the Crypt is on the left side of the church.

HOW TO GET TO ST MARY'S

St Mary's is a 10 minute walk from Angel station (Northern Line) and Highbury and Islington station (Victoria & Moorgate lines)

Buses 4, 19, 30 and 43 stop outside the church. Buses 38, 56, 73, 341 & 476 stop in Essex Road, a short walk away.

The entrance to the Crypt is on the left side of St Mary's Church. Disabled access is available.