

A Journey, Three Keys and a Wizard



Suitable
for staff
working
with
children
on
transition

This workshop will introduce participants to a unique transition programme. The programme utilises relaxation and image work to guide the children through a fantasy journey which uses metaphors to explore issues such as personal motivation, internal strengths, peer pressure and worries about work and bullying. It can be run as a whole class intervention or with a small group and has also been successfully used with Year 7 pupils in High School.

“Since the journey I have felt more self confidence”

“It made me think a lot about the future and what I am going to do.”

“ I found the journey very relaxing and reassuring. It helped me be prepared for change. I know now from your journey when to call for help and when to attempt things by myself.”

“ This story has helped me understand my feelings.”

Year 6 Pupils

“The class have worked really well together. They are much more sensitive and empathetic towards each other; caring and sensible. It has also helped children to work through emotions and feelings.”

Year 6 Teacher

Thursday 1st March 2012

9.30-3.30

eQe Training Centre

(attached to Abbey Hey Primary School)

Cost: £80+VAT (includes lunch)



▲ Therapeutic Approaches ▲