

# A Journey, Three Keys and a Wizard



Suitable  
for anyone  
working  
with  
children  
on  
transition

**This workshop will introduce participants to a unique transition programme which prepares pupils for life changes. 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**

Bridget Sheehan is the Director of eQe and the creator of the Th.Inc.Room approach. She is an experienced teacher, therapist, behaviour consultant and trainer and has worked in schools for over 20 years.

Thursday 19<sup>th</sup> March 2015

9.30-3.30

**The Bridge,**

**Gladeside Rd., Wythenshawe, M22 9QY**

Cost: £85+VAT (includes lunch)

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